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Barbecue-Basted Beef Tenderloin

with Grilled Corn & Red Onion Salad





30-40min 2 Servings

If you don't have a grill or grill pan, heat 1 tablespoon oil in a heavy skillet (preferably cast-iron) over medium-high. Add tenderloin and cook until browned and medium-rare, 3-4 minutes per side. Preheat the broiler with the top rack 6 inches from the heat source. Add corn to a rimmed baking sheet and broil until lightly charred, 5-10 minutes. 3

What we send

- 1 red onion
- 2 ears of corn
- 10 oz pkg beef tenderloin
- ¼ oz all-purpose spice blend
- 2 oz barbecue sauce
- garlic
- ¼ oz fresh parsley
- 1 cucumber
- 1 radish

What you need

- neutral oil
- · kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)

Tools

· grill or grill pan

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 640kcal, Fat 36g, Carbs 49g, Protein 35g



1. Prep ingredients

Preheat a grill or grill pan to high. Cut **onion** crosswise into ½-inch thick slices, keeping rings intact. Lightly coat **corn** and onion slices with **oil**; season all over with **salt** and **pepper**.



2. Grill onions & corn

Lightly **oil** grill grates or grill pan. Add **onions** and **corn** to grill or grill pan. Cover and cook, turning occasionally, until onions are tender and browned in spots, 5-7 minutes, and corn is lightly charred and tender, about 10 minutes. Once cooked, transfer vegetables to a cutting board.



3. Grill beef tenderloin

Pat beef tenderloin dry, then season all over with 1 teaspoon all-purpose spice seasoning. Add to grill or grill pan and cook until well-browned and mediumrare, 3-4 minutes per side. Spoon 2 tablespoons barbecue sauce over steaks, then continue cooking, turning once, until sauce is browned in spots, 1-2 minutes more. Transfer to a cutting board.



4. Prep salad

Finely chop ½ teaspoon garlic. Finely chop parsley leaves and stems. Trim ends from cucumber (peel if desired), then halve lengthwise and thinly slice crosswise. Halve radishes, then thinly slice. Once corn is cool enough to handle, cut kernels from cobs. Coarsely chop grilled onions.



5. Make vinaigrette

In a medium bowl, combine garlic, 1 tablespoon vinegar, ¼ teaspoon salt, and a few grinds of pepper. Whisk in 3 tablespoons oil. Transfer corn, onions, cucumbers, radishes, and chopped parsley to the bowl with vinaigrette; stir to combine. Season to taste with salt and pepper.



6. Finish & serve

Thinly slice **beef tenderloin**, if desired, and season with **salt** and **pepper**. Serve **steaks** with **salad** alongside. Enjoy!