



## Butter Basted Beef Tenderloin

with Parmesan Roasted Vegetables & Herb Aioli



20-30min



2 Servings

Butter basting is a simple technique that will make you a hero in the kitchen. Here, we start with beef tenderloin searing in a hot skillet. Just before the beef is done cooking, we add crushed garlic, a dollop of butter, and a splash of vinegar. The butter melts, and the combined pan juices are continuously spooned over the meat, infusing it with mouth-watering flavor.

## What we send

- 1 yellow squash
- ½ lb green beans
- ¾ oz Parmesan <sup>7</sup>
- 10 oz pkg beef tenderloin
- ¼ oz steak seasoning
- garlic
- ¼ oz fresh parsley
- 2 (1 oz) mayonnaise <sup>3,6</sup>

## What you need

- olive oil
- kosher salt & ground pepper
- butter <sup>7</sup>
- apple cider vinegar (or red wine vinegar)

## Tools

- microplane or grater
- rimmed baking sheet
- medium heavy skillet (preferably cast-iron)

## Allergens

Egg (3), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 780kcal, Fat 65g, Carbs 13g, Protein 36g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Trim ends from **squash**; cut in half crosswise, then cut each half into ½-inch strips. Trim **green beans**. Finely grate **Parmesan**. Pat **beef tenderloin** dry, then season all over with **1½ teaspoons steak seasoning**. Finely grate **¼ teaspoon garlic** into a small bowl and, separately, smash 1 large garlic clove.



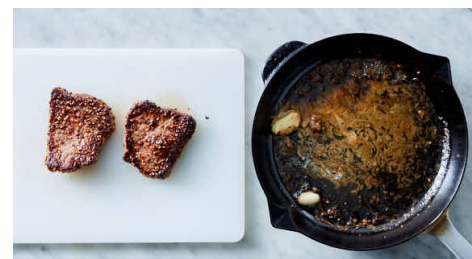
### 4. Make aioli

While **beef tenderloin** cooks, pick and finely chop **parsley leaves**, discarding stems. To the small bowl with **grated garlic**, add **mayonnaise** and **1 teaspoon of the chopped parsley**; stir to combine. Season to taste with **salt and pepper**.



### 2. Roast vegetables

On a rimmed baking sheet, toss **squash** and **green beans** with **1½ tablespoons oil**; season with **salt and pepper**. Spread out in an even layer, then sprinkle **Parmesan** all over vegetables. Roast on upper oven rack until vegetables are tender, 10-12 minutes.



### 5. Baste beef tenderloin

Add **smashed garlic**, **2 tablespoons butter**, and **1 tablespoon vinegar** to skillet with **beef tenderloin** and stir until melted. Tilt skillet toward you so **butter** pools at the edge. Using a large spoon, baste the beef continually with **butter** until they turn deep golden brown, about 1 minute more. Transfer beef tenderloin to a cutting board to rest.



### 3. Cook beef tenderloin

While **vegetables** roast, heat **2 teaspoons oil** in a heavy medium skillet (preferably cast-iron) over medium-high. Add **beef tenderloin** and cook until lightly charred and medium-rare, 2-3 minutes per side.



### 6. Finish vegetables & serve

Switch oven to broil and broil **vegetables** until browned in spots, 1-2 minutes (watch closely as broilers vary). Thinly slice **beef tenderloin**, if desired, and drizzle all over with **pan drippings**. Serve beef alongside **Parmesan vegetables** with **aioli** on the side for dipping. Garnish with **remaining parsley**. Enjoy!