

MARLEY SPOON



Low-Carb Seared Beef Tenderloin

Brussels Sprouts Gratin & Shallot Green Beans

 1h  2 Servings

Prepare to feast your eyes on this sumptuous spread! Roasted Brussels sprouts combine with a decadent sauce of fontina and Parmesan, then topped with fried onions. Buttery sautéed shallots flavor crisp green beans to serve with the star of the show-tender yet hearty beef tenderloin. An umami-rich gravy of beef broth concentrate and mushroom seasoning is a deeply savory and flavorful complement to the perfectly seared steak.

What we send

- ½ lb Brussels sprouts
- 1 pkt beef broth concentrate
- ¼ oz gelatin
- ¼ oz mushroom seasoning
- ¼ oz granulated garlic
- ¾ oz Parmesan ¹
- 1 shallot
- ½ lb green beans
- 8 oz milk ¹
- 2 oz shredded fontina ¹
- ½ oz fried onions
- 10 oz pkg beef tenderloin

What you need

- neutral oil
- kosher salt & ground pepper
- unsalted butter ¹
- all-purpose flour (or gluten-free alternative)
- white wine vinegar (or red wine vinegar) ²

Tools

- small baking dish
- microplane or grater
- medium skillet
- microwave

Allergens

Milk (1), Sulphites (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 940kcal, Fat 68g, Carbs 36g, Protein 54g



1. Cook Brussels sprouts

Preheat broiler with a rack in the upper third. Trim **Brussels sprouts**, removing any tough outer leaves if necessary, then halve (or quarter if large).

In a small baking dish, toss Brussels sprouts with **1 tablespoon oil**; season with **salt** and **pepper**. Broil until deeply browned in spots and tender, stirring every 5 minutes, 10-15 minutes. Remove; turn oven to 450°F.



4. Bake gratin

Pour **sauce** over **Brussels sprouts** and stir to combine. Sprinkle with **remaining fontina and Parmesan** and **fried onions**. Bake on upper oven rack until bubbling around edges and golden brown on top, 10-15 minutes.

Wash and reserve skillet.



2. Prep ingredients

In a bowl, combine **broth concentrate**, **1½ teaspoons gelatin**, **¼ teaspoon each of mushroom seasoning and granulated garlic**, and **¾ cup water**; set aside. Finely grate **Parmesan**. Finely chop **shallot**.

Melt **2 tablespoons butter** in a medium skillet over medium heat. Add **all but 1 tablespoon of the shallots**. Cook, stirring occasionally, until softened, 2-3 minutes.



5. Cook steaks

Pat **steaks** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in reserved skillet over medium-high. Add steaks and cook until well browned and medium-rare, 3-4 minutes per side (or longer for desired doneness). Transfer to a cutting board to rest. Add **remaining 1 tablespoon shallots** to skillet and cook, stirring, until softened, 30-60 seconds.



3. Begin gratin

Add **green beans**, **1 tablespoon butter**, and **half of the cooked shallots** to a microwave-safe bowl.

Stir **1 teaspoon flour** into skillet with remaining cooked shallots; cook, 1 minute. Slowly whisk in **milk**; bring to a boil. Off heat, whisk in **half each of fontina and Parmesan**, **1 teaspoon mushroom seasoning**, and **¼ teaspoon granulated garlic**; season with **salt** and **pepper**.



6. Finish & serve

Add **broth mixture** to skillet and cook until reduced by $\frac{2}{3}$, 4-6 minutes. Off heat, whisk in **1 tablespoon butter** and **¼ teaspoon vinegar**. Cover bowl with **green beans**; microwave until bright green and crisp-tender, 2-4 minutes. Add **1 teaspoon vinegar** and **salt** and **pepper**; mix well. Thinly slice **steaks**. Serve with **sauce**, **gratin**, and **green beans**. Enjoy!