



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.

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**.



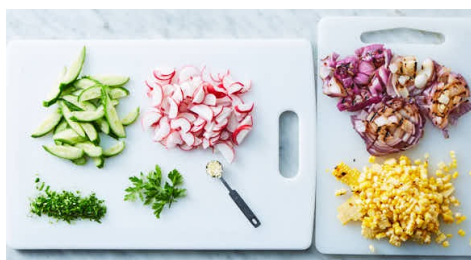
2. Grill onions & corn

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 medium-rare, 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.



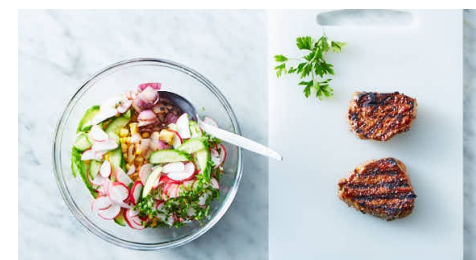
4. Prep salad

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!