

MARLEY SPOON



Chimichurri Grilled Beef Tenderloin

with Asparagus, Corn & Radishes



30min



2 Servings

Chimichurri is a flavor-packed sauce from Argentina, especially when we turn it into a compound butter that melts onto meaty beef tenderloin. A foil packet of asparagus, radishes, and corn cooks alongside for an easy meal that's low in carbs and high in flavor.

What we send

- ½ lb asparagus
- 1 bag radishes
- garlic
- ¼ oz fresh parsley
- ¼ oz fresh cilantro
- 2½ oz corn
- 10 oz pkg beef tenderloin

What you need

- butter ⁷
- olive oil
- kosher salt & ground pepper
- neutral oil
- white wine vinegar (or red wine vinegar) ¹⁷

Tools

- grill, grill pan, or skillet
- aluminium foil

Cooking tip

Bend the bottom of an asparagus stalk—it will break naturally where the fibers turn tough.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

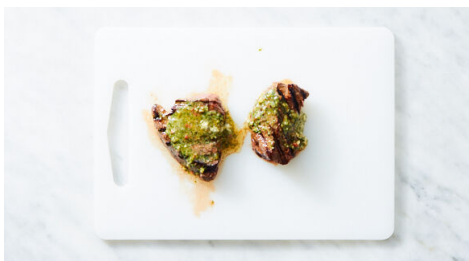
Calories 720kcal, Fat 60g, Carbs 13g, Protein 33g



1. Prep grill & ingredients

Preheat grill or grill pan over high. Set **2 tablespoons butter** out to soften. Trim ends from **asparagus**, then slice crosswise into 2-inch pieces. Quarter **radishes**.

Grate **¼ teaspoon garlic** into a small bowl. Finely chop **parsley and cilantro leaves and stems**; add to bowl. Add **3 tablespoons oil**, and **1 teaspoon vinegar**; stir to combine. Season with **salt and pepper**.



4. Grill beef tenderloin

Brush grill or grill pan with **neutral oil**, then add **beef tenderloin**. Reduce heat to medium-high and grill until beef is lightly charred and cooked to medium-rare, 3-4 minutes per side (or longer for desired doneness). Transfer to a cutting board and slather with **chimichurri butter**; let rest for 5 minutes. Remove foil packet from grill.



2. Cook veggies

Cut 1 (16-inch) sheet of aluminum foil. Rub the center with **olive oil**. Add **asparagus, radishes, and corn** to foil. Drizzle with **2 tablespoons olive oil**; season with **salt and pepper**. Fold edges of foil up and crimp to make a well-sealed, loose packet with the seam on top. Place on grill while it preheats. (Alternatively, roast veggies in a 450°F oven for 15-20 minutes.)



5. Finish & serve

Carefully open foil packet (pro tip: use a knife and fork to open to avoid contact with steam). Serve **beef tenderloin** with **roasted veggies** alongside and **remaining chimichurri** spooned over top.



3. Prep beef & butter

Pat **beef tenderloin** dry, then season all over with **salt and pepper**.

Place **softened butter** in a small bowl; stir **2 tablespoons chimichurri sauce** into the butter. Season to taste with **salt and pepper**.



6. Serve

Enjoy!