

# 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 <sup>1</sup>
- olive oil
- kosher salt & ground pepper
- neutral oil
- white wine vinegar (or red wine vinegar)

## 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 (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

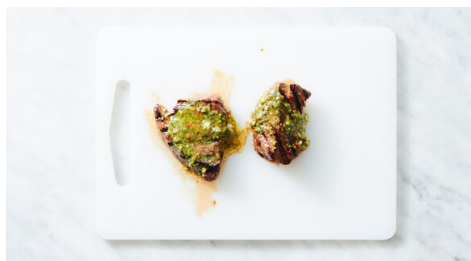
Calories 720kcal, Fat 60g, Carbs 13g, Protein 33g



### 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!