



Tuscan-Spiced Beef Tenderloin

with Mashed Potatoes & Green Beans



20-30min



2 Servings

The herby flavors of Tuscany are simply irresistible, especially for seasoning juicy beef tenderloin. We elevated a beloved dinnertime trio—steak, mashed potatoes, and green beans—with dollops of an herb-flecked garlicky, compound butter.

What we send

- 2 potatoes
- ¼ oz Tuscan spice blend
- ½ lb green beans
- 10 oz pkg beef tenderloin

What you need

- kosher salt & ground pepper
- olive oil
- butter ¹

Tools

- medium saucepan
- potato masher or fork
- microplane or box grater
- rimmed baking sheet
- medium heavy skillet (preferably cast-iron)

Allergens

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

Nutrition per serving

Calories 700kcal, Fat 40g, Carbs 50g, Protein 36g



1. Make mashed potatoes

Peel **potato**, then cut into 1-inch pieces. Transfer to a medium saucepan with **2 teaspoons salt**; cover with ½ inch water. Cover and bring to a boil. Cook, uncovered, until tender, 6–7 minutes. Reserve **2 tablespoons cooking water**. Drain; return to saucepan. Add **2 tablespoons butter** and reserved cooking water. Mash until smooth. Season to taste with **salt** and **pepper**.



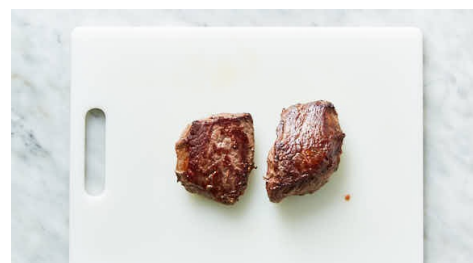
4. Season steaks

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



2. Make compound butter

Meanwhile, peel and finely grate **¼ teaspoon garlic** into a small bowl. Add **1 tablespoon butter**, mashing with a fork to soften and combine. Season with **a pinch each salt and pepper** and **1 teaspoon Tuscan spice**.



5. Cook steaks

Heat **2 teaspoons oil** in a medium heavy skillet (preferably cast-iron) over medium-high. Add **steaks** and cook until deeply browned and medium-rare, 3–5 minutes per side, depending on thickness. Transfer to a cutting board and let rest for 5 minutes.



3. Prep green beans

Pat **steaks** dry and season with **salt** and **pepper**. Preheat broiler with top rack 6 inches from heat source. Trim **green beans**, then transfer to a rimmed baking sheet and toss with **2 teaspoons oil** and **a generous pinch each salt and pepper**.



6. Finish & serve

Broil **green beans** on top oven rack until tender and browned in spots, 3–6 minutes (watch closely, as broilers vary). Thinly slice **steaks**, if desired, then spread some of the **compound butter** on top of each **steak**. Serve with **mashed potatoes** and **green beans** alongside. Enjoy!