

MARLEY SPOON



Grilled Beef Tenderloin & Broccolini

with Ciabatta & Parmesan-Walnut Vinaigrette



20-30min



2 Servings

If you don't have a grill or grill pan, preheat the broiler with a rack in the top position. Place the broccolini on a rimmed baking sheet and broil until slightly charred and crisp-tender, 5-8 minutes. Broil bread directly on the top oven rack until toasted, about 1 minute. Heat 1 tablespoon oil in a heavy skillet over medium-high. Add beef tenderloin and cook until browned and medium-rare, 2-3 minutes per side.

What we send

- garlic
- 1 oz walnuts ³
- ¾ oz Parmesan ²
- 1 lemon
- ½ lb broccolini
- 10 oz pkg beef tenderloin
- ½ oz honey
- 1 ciabatta roll ¹
- ¼ oz Dijon mustard

What you need

- kosher salt & ground pepper
- olive oil

Tools

- grill or grill pan
- microplane or grater
- small saucepan

Allergens

Wheat (1), Milk (2), Tree Nuts (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 800kcal, Fat 55g, Carbs 38g, Protein 42g



1. Prep ingredients

Preheat grill to high, if using. Mince **1 tablespoon garlic**; set aside 1 large garlic clove. Coarsely chop **walnuts**. Finely grate **Parmesan**. In a small bowl, finely grate **1 teaspoon lemon zest** and squeeze **1 tablespoon lemon juice**. Cut any remaining lemon into wedges. Trim ends from **broccolini**. Pat **beef tenderloin** dry and season all over with **salt and pepper**.



4. Grill beef tenderloin

Brush grill or grill pan with **oil**, then add **beef tenderloin** and cook over medium-high heat until lightly charred and medium-rare, 2-3 minutes per side (or longer for desired doneness). Transfer to a cutting board to rest.



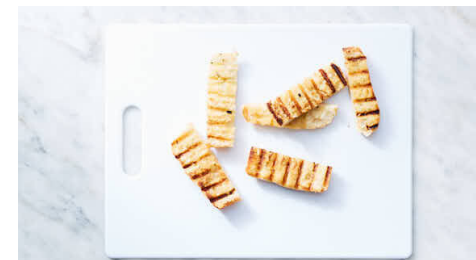
2. Make vinaigrette

In a small saucepan, combine **walnuts** and **¼ cup oil**. Cook over medium-low, stirring, until walnuts are lightly golden brown, 2-3 minutes. Add **chopped garlic**; cook until fragrant, about 1 minute more. Remove from heat, then stir in **honey, Dijon mustard, lemon zest and juice**, and **Parmesan**. Season to taste with **salt and pepper**. Set vinaigrette aside until step 6.



5. Grill broccolini

In a medium bowl, toss **broccolini** with **1 tablespoon oil** and season with **salt and pepper**. Working in batches if necessary, add broccolini to grill or grill pan in a single layer; cover and cook, turning occasionally, until lightly charred and crisp-tender, 5-6 minutes.



3. Grill crostini

Preheat grill pan over high, if using. Brush cut sides of **roll** with **oil** and season with **salt and pepper**. Transfer roll, cut side down, to grill or grill pan; press down firmly for 10 seconds. Cook until golden brown and toasted, 1-2 minutes per side. Rub cut sides of roll with **whole garlic clove**, then cut each half into 3 pieces.



6. Finish & serve

Thinly slice **beef tenderloin**, if desired. Serve alongside **broccolini** and **crostini** with **any lemon wedges** for squeezing over top. Spoon **walnut-Parmesan vinaigrette** over **beef tenderloin** and **broccolini**. Enjoy!