



## Low-Carb Seared Beef Tenderloin

Brussels Sprouts Gratin & Shallot Green Beans

 1h  2 Servings

Prepare to feast your eyes on this sumptuous spread! Roasted Brussels sprouts combine with a decadent sauce of fontina and Parmesan, then topped with fried onions. Buttery sautéed shallots flavor crisp green beans to serve with the star of the show—tender yet hearty beef tenderloin. An umami-rich gravy of beef broth concentrate and mushroom seasoning is a deeply savory and flavorful complement to the perfectly seared steak.



## What we send

- ½ lb Brussels sprouts
- 1 pkt beef broth concentrate
- ¼ oz gelatin
- ¼ oz mushroom seasoning
- ¼ oz granulated garlic
- ¾ oz Parmesan <sup>1</sup>
- 1 shallot
- ½ lb green beans
- 8 oz milk <sup>1</sup>
- 2 oz shredded fontina <sup>1</sup>
- ½ oz fried onions
- 10 oz pkg beef tenderloin

## What you need

- neutral oil
- kosher salt & ground pepper
- unsalted butter <sup>1</sup>
- all-purpose flour (or gluten-free alternative)
- white wine vinegar (or red wine vinegar)

## Tools

- small baking dish
- microplane or grater
- medium skillet
- microwave

## Allergens

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

## Nutrition per serving

Calories 940kcal, Fat 68g, Carbs 36g, Protein 54g



### 1. Cook Brussels sprouts

Preheat broiler with a rack in the upper third. Trim **Brussels sprouts**, removing any tough outer leaves if necessary, then halve (or quarter if large).

In a small baking dish, toss Brussels sprouts with **1 tablespoon oil**; season with **salt** and **pepper**. Broil until deeply browned in spots and tender, stirring every 5 minutes, 10-15 minutes. Remove; turn oven to 450°F.



### 4. Bake gratin

Pour **sauce** over **Brussels sprouts** and stir to combine. Sprinkle with **remaining fontina and Parmesan** and **fried onions**. Bake on upper oven rack until bubbling around edges and golden brown on top, 10-15 minutes.

Wash and reserve skillet.



### 2. Prep ingredients

In a bowl, combine **broth concentrate**, **1½ teaspoons gelatin**, **¼ teaspoon each of mushroom seasoning and granulated garlic**, and **¾ cup water**; set aside. Finely grate **Parmesan**. Finely chop **shallot**.

Melt **2 tablespoons butter** in a medium skillet over medium heat. Add **all but 1 tablespoon of the shallots**. Cook, stirring occasionally, until softened, 2-3 minutes.



### 5. Cook steaks

Pat **steaks** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in reserved skillet over medium-high. Add steaks and cook until well browned and medium-rare, 3-4 minutes per side (or longer for desired doneness). Transfer to a cutting board to rest. Add **remaining 1 tablespoon shallots** to skillet and cook, stirring, until softened, 30-60 seconds.



### 3. Begin gratin

Add **green beans**, **1 tablespoon butter**, and **half of the cooked shallots** to a microwave-safe bowl.

Stir **1 teaspoon flour** into skillet with remaining cooked shallots; cook, 1 minute. Slowly whisk in **milk**; bring to a boil. Off heat, whisk in **half each of fontina and Parmesan**, **1 teaspoon mushroom seasoning**, and **¼ teaspoon granulated garlic**; season with **salt** and **pepper**.



### 6. Finish & serve

Add **broth mixture** to skillet and cook until reduced by  $\frac{2}{3}$ , 4-6 minutes. Off heat, whisk in **1 tablespoon butter** and **¼ teaspoon vinegar**. Cover bowl with **green beans**; microwave until bright green and crisp-tender, 2-4 minutes. Add **1 teaspoon vinegar** and **salt** and **pepper**; mix well. Thinly slice **steaks**. Serve with **sauce**, **gratin**, and **green beans**. Enjoy!