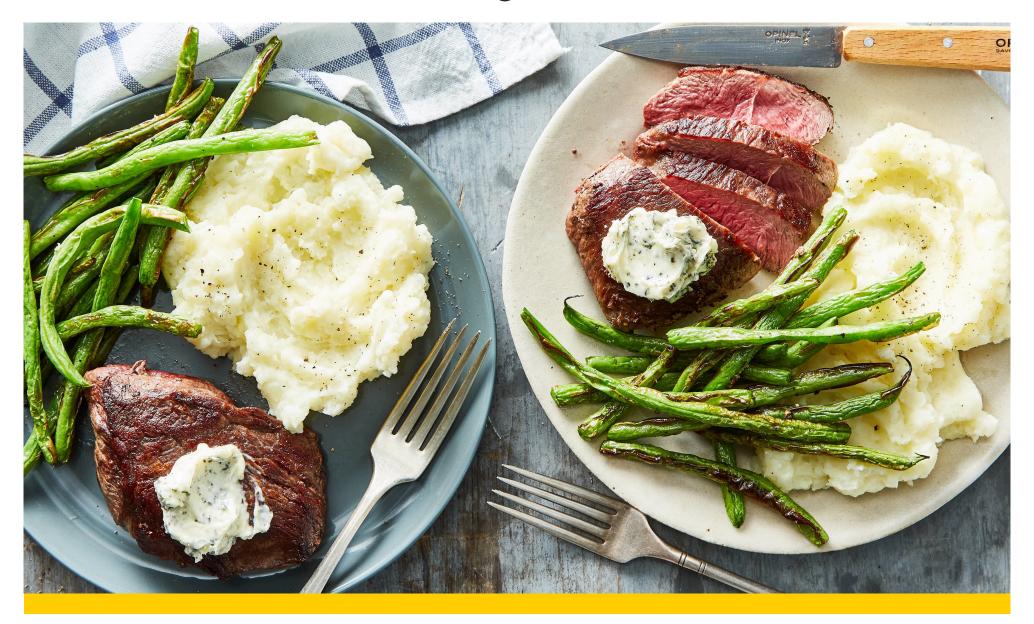
MARLEY SPOON



Tuscan-Spiced Beef Tenderloin

with Mashed Potatoes & Green Beans





20-30min 2 Servings

The herby flavors of Tuscany are simply irresistable, 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
- 1/4 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**.



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.



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**.



4. Season steaks

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



5. Cook steaks

Heat **2 teaspoons oil** in a medium heavy skillet (preferably cast-iron) over mediumhigh. 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.



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!