

MARLEY SPOON



Seared Beef Tenderloin & BBQ Pan Sauce

with Honey Glazed Vegetables



ca. 20min



2 Servings

Sometimes we just want a fast, simple meal of juicy steak and roasted vegetables, but we need it to be delicious, of course. That's where our pan sauce comes in. We make it with beef stock and barbeque sauce, and it tastes like it has been simmering for hours. We top the seared steaks with crispy fried onions, and serve alongside honey-glazed carrots and green beans. Fast, simple, and delicious? Yes, please.

What we send

- 6 oz carrots
- ½ lb green beans
- 10 oz pkg beef tenderloin
- 1 pkt beef broth concentrate
- 2 oz barbecue sauce
- ½ oz honey
- ½ oz fried onions

What you need

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

Tools

- rimmed baking sheet
- medium skillet

Cooking tip

To serve the most tender slices of beef, slice against the grain (the natural direction of the muscle fibers). Slicing parallel to the grain creates tough slices.

Allergens

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

Nutrition per serving

Calories 680kcal, Fat 43g, Carbs 40g, Protein 33g



1. Prep veggies

Preheat broiler with a rack in the upper third.

Scrub **carrots**, then cut into ¼-inch slices on an angle.

Trim stem ends from **green beans**.



2. Broil veggies

On a rimmed baking sheet, toss **carrots** and **green beans** with **2 tablespoons oil** and **a pinch each of salt and pepper**. Transfer to upper oven rack and broil until tender and well browned, about 10 minutes (watch closely as broilers vary).



4. Make pan sauce

To same skillet, add **1 tablespoon butter** and **¼ cup water**. Bring to a simmer, scraping up bits from the bottom. Stir in **beef broth concentrate** and **barbecue sauce**; bring to a simmer. Reduce heat to low until ready to serve.



5. Glaze veggies & finish

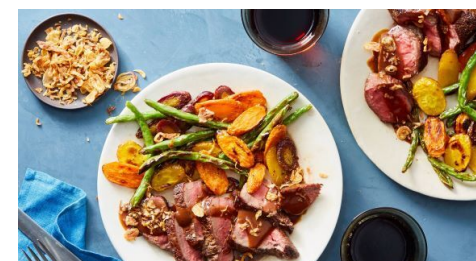
Carefully toss **veggies** with **honey** directly on baking sheet.

Thinly slice **beef** against the grain. Plate **veggies** next to **sliced beef**. Drizzle **beef** with **barbecue pan sauce** and top with **fried onions**.



3. Sear beef tenderloin

Pat **beef tenderloin** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add beef 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.



6. Serve

Enjoy!