



## Harissa-Spiced Beef Tenderloin

with Roasted Parsnips & Green Beans



30-40min



2 Servings

Meaty beef tenderloin are seasoned with harissa spice blend and seared to create a flavorful crust, then zhuzhed up with a quick and easy garlic-lemon compound butter. But you might be surprised to find that the oven-roasted green beans and parsnips are the crisp and delicious stars of this show! A squeeze of lemon over the top takes all of the succulent flavors to the next level.



## What we send

- 2 parsnips
- ½ lb green beans
- 1 shallot
- garlic
- 1 lemon
- 10 oz pkg beef tenderloin
- ¼ oz harissa spice blend

## What you need

- butter <sup>1</sup>
- olive oil
- kosher salt & ground pepper

## Tools

- rimmed baking sheet
- box grater or microplane
- 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 650kcal, Fat 42g, Carbs 36g, Protein 34g



### 1. Prep vegetables

Preheat oven to 450°F with a rack in the upper third. Peel and trim ends from **parsnips**, then cut into ¼-inch thick wedges. Trim stem ends from **green beans**. Take **2 tablespoons butter** out of the refrigerator to soften.



### 2. Roast vegetables

On a rimmed baking sheet, toss **green beans** and **parsnips** with **1½ tablespoons oil**; season with **salt** and **pepper**. Roast on upper oven rack until vegetables are tender and browned in spots, stirring halfway through, about 20 minutes.



### 3. Prep ingredients

While **vegetables** cook, peel and finely chop **¼ cup shallot**. Peel and finely grate **½ teaspoon garlic** into a small bowl. Into the same bowl, finely grate **all of the lemon zest** and squeeze in **1 teaspoon lemon juice**. Cut any remaining lemon into wedges.



### 4. Make garlic-lemon butter

Add **softened butter** to the bowl with **garlic-lemon mixture**; using a fork, mash to combine ingredients and season to taste with **salt** and **pepper**. Pat **beef tenderloin** dry, rub both sides lightly with **oil**, and season all over with **1½ teaspoons of the harissa spice**, **salt**, and **a few grinds pepper**.



### 5. Cook beef tenderloin

Heat **2 teaspoons oil** in a medium heavy skillet (preferably cast-iron) over medium-high. Add **beef tenderloin** and cook until lightly charred and medium-rare, 2-3 minutes per side (or longer for desired doneness). Transfer to a cutting board to rest.



### 6. Finish & serve

Warm **vegetables** on upper oven rack, if necessary; toss directly on baking sheet with **chopped shallots** and **half of the garlic-lemon butter**. Top each **beef tenderloin** with **remaining butter**, allowing it to melt all over, creating a sauce. Very thinly slice **beef** across the grain. Serve alongside **vegetables**, with **any lemon wedges** for squeezing over the top. Enjoy!