



Beef Tenderloin, Pears & Sautéed Spinach

with Warm Mustard Dressing



20-30min



2 Servings

Beef tenderloin, pears, and pecans are perfectly delicious when combined on one plate, especially when paired with spinach doused in a warm mustard dressing. Crisp peak season pears soften ever so slightly when cooked in a bit of butter, while toasted pecans add a lovely crunch. Don't forget to pat the steaks dry before you sear them on the stovetop to get that beautiful golden crust.

What we send

- 1 shallot
- 1 pear
- 2 (1 oz) pecans ²
- 10 oz pkg beef tenderloin
- 1 oz whole-grain mustard
- 5 oz baby spinach

What you need

- olive oil
- kosher salt & ground pepper
- butter ¹
- white wine vinegar (or apple cider vinegar)

Tools

- medium skillet
- rimmed baking sheet

Cooking tip

It's peak season for pears, which means they're at their most delicious!

Allergens

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

Nutrition per serving

Calories 740kcal, Fat 55g, Carbs 28g, Protein 36g



1. Prep ingredients

Preheat oven to 225°F with a rack in the center.

Finely chop **shallot**. Halve **pear** lengthwise, scoop out core and remove stem, then cut each half into 6 wedges. Coarsely chop **pecans**.



4. Cook pears

Melt **1 tablespoon butter** in same skillet over medium-high. When foam subsides, add **pears** in a single layer and cook, turning once, until lightly browned, 2-3 minutes. Transfer to plate with **pecans**.



2. Toast pecans

Heat **1 teaspoon oil** in a medium skillet over medium-high. Add **pecans** and cook, stirring, until lightly browned, 3-4 minutes (watch closely as they can burn easily). Season with **salt** and transfer to a plate. Wipe out skillet.



5. Make dressing

Heat **2 tablespoons oil** and **shallots** in same skillet over medium-high; cook, stirring, until softened, 2-3 minutes. Add **3 tablespoons vinegar**; season with **salt** and **pepper**. Cook, scraping up browned bits from bottom of skillet, until slightly reduced, 1-2 minutes. Add **1 tablespoon mustard** and **any beef pan drippings**. Simmer until slightly reduced, 1-2 minutes.



3. Cook beef tenderloin

Pat **beef tenderloin** dry and season all over with **salt** and **pepper**.

Heat **1 tablespoon oil** in same skillet over medium-high. Add beef and cook until lightly charred and medium-rare, 2-3 minutes per side (or longer for desired doneness). Transfer to a rimmed baking sheet and place in oven to keep warm. Rinse and wipe out the skillet.



6. Add spinach & serve

Off heat, add **spinach** and turn once or twice until coated but not completely wilted.

Serve **beef and spinach** with **mustard dressing**, **pears**, and **pecans** over top. Enjoy!