

MARLEY SPOON



Butter-Basted Beef Tenderloin

with Roasted Harissa-Spiced Veggies



30-40min



2 Servings

A simple technique that will make you a hero in the kitchen—butter-basting. A total game-changer. Beef tenderloin gets seared in a hot skillet and, just before finished, crushed garlic and a dollop of butter are added to the pan and spooned over the meat, infusing it with garlic-butter goodness. Placed alongside harissa-spiced veggies, this dish can't go wrong.

What we send

- ½ lb Brussels sprouts
- 1 red onion
- 6 oz carrots
- ¼ oz harissa spice blend
- garlic
- ½ oz tamari soy sauce ²
- 10 oz pkg beef tenderloin

What you need

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

Tools

- rimmed baking sheet
- medium heavy skillet (preferably cast-iron)

Allergens

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

Nutrition per serving

Calories 650kcal, Fat 42g, Carbs 33g, Protein 37g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Place a rimmed baking sheet on the center oven rack to preheat. Halve **Brussels sprouts**; remove any outer leaves, if necessary. Halve **onion** and thinly slice through the root end. Scrub **carrots**, then cut on an angle into ½-inch thick slices.



2. Roast veggies

In a large bowl, toss **Brussels sprouts**, **sliced onions**, and **carrots** with **harissa spice blend** and **2 tablespoons oil**; season with **salt**. Carefully, transfer to preheated baking sheet and spread into a single layer. Roast on center oven rack until tender and browned in spots, 15-20 minutes.



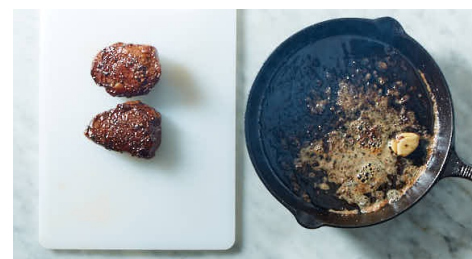
3. Prep garlic & pan sauce

Meanwhile, smash **1 large garlic clove**. In a liquid measuring cup, stir to combine **tamari**, **¼ cup water**, and **2 tablespoons vinegar**.



4. Sear beef tenderloin

Pat **beef tenderloin** dry and season all over with **salt** and **pepper**. Heat **2 teaspoons oil** in a medium heavy skillet (preferably cast-iron) over medium-high. Add beef and cook until lightly charred and medium-rare, 2-3 minutes per side (or longer for desired doneness).



5. Baste beef tenderloin

Add **smashed garlic clove**, **1 tablespoon butter**, and **½ tablespoon oil** to skillet with **beef tenderloin**; cook, stirring, until melted. Tilt skillet toward you so butter pools at the edge. Use a large spoon to continuously baste beef with butter and oil until they turn a deep golden-brown, about 1 minute more. Transfer to a cutting board to rest.



6. Finish pan sauce & serve

Add **tamari-vinegar** mixture to skillet and simmer until reduced to ¼ cup, 3-5 minutes. Discard **garlic**, stir in **any resting beef tenderloin juices**, and season **sauce** to taste with **salt** and **pepper**. Thinly slice **beef tenderloin**, if desired. Serve **beef tenderloin** with **roasted vegetables** alongside and **pan sauce** drizzled over top. Enjoy!