

BEEF TENDERLOIN

with Potato Rösti & Spicy Green Beans

Preparation Time: 25-30 Mins

INGREDIENTS

- Beef Tenderloin
- Green Beans
- Garlic
- Chili Flakes
- Potato Rösti
- Lemon
- Steak Sauce

FROM YOUR KITCHEN

- Salt & Pepper
- Oil
- Medium Pot
- 2 Frying Pans
- Baking Sheet
- Parchment Paper (optional)

STEP 1

WASH your hands and ORGANIZE your ingredients. We have conveniently provided a listing of the ingredients you will need in the order that you will need them.

STEP 2

FILL a medium pot half-full of water. Bring to a boil.

Preheat oven to 350°.

Season beef with salt and pepper.

STEP 3

Blanch green beans in boiling water until bright green, 3-4 minutes.

STEP 4

Add 1 tbsp oil to frying pan, bring to medium heat. Add garlic and chili flakes. Sauté 1-2 minutes.

Add green beans and TOSS for another 2-3 minutes. Reduce to low heat. Squeeze with lemon juice.

STEP 5

Heat 1 tbsp oil in a frying pan on HIGH heat. Heat until oil is nearing a smoking point**

Sear beef for 2 minutes on each side. Should be RARE at this point. Remove from heat.

STEP 6

Add steak sauce to pot/sauce pan on medium heat.

STEP 7

Place potato rösti on parchment lined baking sheet. BAKE for 10-15 minutes or until golden brown.

Add beef to baking sheet.

*** Approximate cooking times: bake 4-5 minutes to reach medium rare, another 3-4 minutes for medium, another 3-4 minutes for medium well, and another 3-4 minutes for well done.

STEP 8

Remove beef from oven and transfer to plate or cutting board and let rest for 5-7 minutes.

LET'S EAT!

PORTION and plate your beef, potato rösti, and green beans. Salt and pepper to taste.

GARNISH beef tenderloin with steak sauce and serve!

PRO TIP

** Oil is at temperature when a droplet of water instantly sizzles on contact

*** Exact temperatures are as follows: 125° Medium Rare / 135° Medium / 150° Medium Well / 160° Well Done

ALL PACKAGING IS COMPOSTABLE

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