



BEEF TENDERLOIN IN A SAVORY MUSHROOM SAUCE with Roasted Brussels Sprouts & Herb Butter Couscous



HELLO
BRUSSELS SPROUTS
These tiny green globes turn crispy and sweet once roasted.

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 750

-  Israeli Couscous
(Contains: Wheat)
-  Brussels Sprouts
-  Button Mushrooms
-  Beef Demi-Glace
(Contains: Milk)
-  Garlic Herb Butter
(Contains: Milk)
-  Beef Tenderloin
-  Garlic
-  Sour Cream
(Contains: Milk)

START STRONG

Before you start prepping, remove your beef tenderloin from the fridge and let it sit out at room temperature. If you have time, you can do this an hour before cooking. This simple step will help the beef cook evenly and become perfectly juicy.

BUST OUT

- Baking sheet
- Medium pot
- Paper towels
- Large pan
- Vegetable oil (4 tsp | 4 tsp)
- Butter (2 TBSP | 2 TBSP)
(Contains: Milk)
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient **2-person** | **4-person**

- Brussels Sprouts **8 oz** | **16 oz**
- Button Mushrooms **4 oz** | **8 oz**
- Garlic **1 Clove** | **2 Cloves**
- Israeli Couscous **½ Cup** | **1 Cup**
- Beef Tenderloin* **10 oz** | **20 oz**
- Beef Demi-Glace **1** | **2**
- Sour Cream **2 TBSP** | **4 TBSP**
- Garlic Herb Butter **2 TBSP** | **4 TBSP**

* Beef is fully cooked when internal temperature reaches 145 degrees.



1 PREP

Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Trim and halve **Brussels sprouts** lengthwise. Trim and thinly slice **mushrooms**. Peel and mince or grate **garlic**.



2 COOK BRUSSELS SPROUTS & COUSCOUS

Toss **Brussels sprouts** on a baking sheet with a drizzle of **oil, salt, and pepper**; arrange cut sides down. Roast on top rack until browned and tender, 20-25 minutes. Meanwhile, melt **1 TBSP plain butter** in a medium pot over medium-high heat. Add **couscous** and cook until toasted, 1-2 minutes. Stir in **¾ cup water** (1½ cups for 4 servings) and a big pinch of **salt**. Bring to a boil, then cover and reduce heat to low. Cook until couscous is tender, 6-8 minutes. Keep covered off heat until ready to serve.



3 COOK BEEF

While couscous cooks, pat **beef** dry with paper towels; season all over with **salt and pepper**. Heat a large drizzle of **oil** in a large pan over medium-high heat. Add beef and cook to desired doneness, 4-7 minutes per side. Remove from pan and set aside to rest.



4 COOK MUSHROOMS & GARLIC

Heat a drizzle of **oil** in same pan over medium-high heat. Add **mushrooms** and cook, stirring, until softened and lightly browned, 3-4 minutes. Add **garlic** and cook until fragrant, 1 minute.



5 MAKE SAUCE

Stir **demi-glace** and **¼ cup water** (⅓ cup for 4 servings) into pan with **mushroom mixture**, scraping up any browned bits from bottom of pan. Bring to a simmer, then reduce heat to medium and cook until thickened, 2-3 minutes. Turn off heat; stir in **sour cream** and **1 TBSP plain butter** until melted. Season with **salt and pepper**.



6 FINISH & SERVE

Fluff **couscous** with a fork; stir in **garlic herb butter** and season with **salt and pepper**. Divide **Brussels sprouts, couscous, and beef** between plates. Top beef with **sauce** and serve.

BUTTONS OF FUN

This creamy mushroom sauce would also taste great with meatballs and mashed potatoes.

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