



- In your box**
- 12 oz. Filets Mignon
  - 1 oz. Grated Parmesan
  - 12 oz. Red Potatoes
  - 2 fl. oz. Red Cooking Wine
  - 8 oz. Parsnips
  - ½ oz. Crispy Garlic
  - 2 tsp. Beef Demi-Glace
  - 1 oz. Butter
  - 6 Chive Sprigs
  - 1 Red Onion



Premium Meal

## Garlic-Parmesan Crusted Filet Mignon

with red wine sauce, roasted red potatoes and parsnips

NUTRITION per serving—Calories: 755, Carbohydrates: 64g, Fat: 36g, Protein: 46g, Sodium: 1364mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
35-45 min.

Cook Within  
6 days

Difficulty Level ●●●  
Expert

Spice Level 🌶️🌶️🌶️  
Not Spicy

## ① You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, Mixing Bowl, Large Oven-Safe Pan,  
Medium Non-Stick Pan

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



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### Prepare the Ingredients

- Quarter **potatoes** lengthwise and cut into ½" pieces.
- Trim ends off **parsnips** and peel. Cut into ½" dice.
- Mince **chives**.
- Halve and peel **onion**. Cut halves into ¼" dice.
- Crush **crispy garlic**. In a mixing bowl, combine crushed crispy garlic with **Parmesan**. Set aside.
- Pat **filets** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



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### Start the Vegetables

- Place a large oven-safe pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **potatoes** and **parsnips** to hot pan. Stir occasionally until lightly browned, 3-5 minutes.
- Stir in **onion** and ¼ tsp. **salt**.



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### Finish the Vegetables

- Place pan in hot oven and roast until **potatoes** and **parsnips** are browned and tender, 15-18 minutes.
- Carefully (pan will be hot!), stir in **chives** and **butter** until butter is melted.
- While vegetables roast, cook filets.



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### Cook the Filets

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **filets** to hot pan and cook undisturbed until browned, 2-3 minutes.
- Transfer filets to prepared baking sheet, seared side up. Coat evenly with **crispy garlic-Parmesan** mixture.
- Roast in hot oven until filets reach a minimum internal temperature of 145 degrees, 10-12 minutes.
- Rest cooked steaks at least 3 minutes. Reserve pan; no need to wipe clean.
- While steaks rest, make sauce.



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### Make Sauce and Finish Dish

- Return pan used to sear steaks to medium-high heat and add **wine**, **demi-glace**, and ¼ cup **water**.
- Bring to a simmer. Once simmering, stir occasionally until thickened, 2-3 minutes.
- *Simmering liquids will still be bubbling slightly.*
- Remove from burner and season with a pinch of **pepper**.
- Plate dish as pictured on front of card, placing **filet** on top of **sauce**. Bon appétit!