



## Glazed Beef Tenderloin with Curried Vegetables



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



144 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 5 pound beef tenderloins
- ☐ 0.5 cup chives snipped
- ☐ 4 cucumbers--peeled halved lengthwise seeded sliced
- ☐ 2 teaspoons curry powder
- ☐ 2.5 tablespoons curry powder
- ☐ 3 large garlic cloves minced
- ☐ 1.5 teaspoons kosher salt

- ☐ 2 teaspoons lemon zest finely grated
- ☐ 2 cups lima beans \*soaked overnight fresh shelled
- ☐ 2 tablespoons maple syrup pure
- ☐ 4 teaspoons mustard seeds
- ☐ 0.7 cup olive oil pure
- ☐ 4 bunches radishes red quartered
- ☐ 12 servings salt
- ☐ 2 large shallots minced
- ☐ 3 tablespoons soya sauce
- ☐ 1.5 pounds sugar snap peas
- ☐ 2 tablespoons vegetable oil
- ☐ 6 tablespoons citrus champagne vinegar

## Equipment

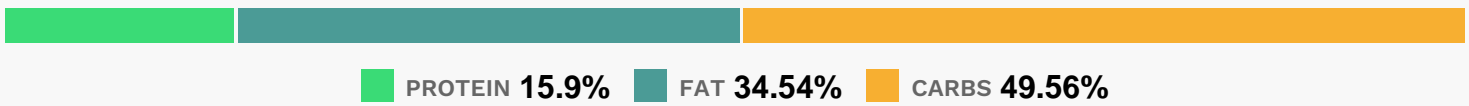
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ colander
- ☐ cutting board
- ☐ glass baking pan

## Directions

- ☐ Prepare the beef: Preheat the oven to 50
- ☐ In a large glass baking dish, combine the soy sauce, maple syrup, shallots and curry powder.
- ☐ Add the beef and rub the soy mixture all over.

- ☐ In an ovenproof skillet, heat the vegetable oil until almost smoking. Season the beef with salt, add to the skillet and cook over moderately high heat until browned, about 15 minutes.
- ☐ Transfer the skillet to the oven and roast the meat for about 20 minutes, or until it reaches 125 on an instant-read thermometer for medium rare.
- ☐ Transfer the roasts to a cutting board and let stand until cooled.
- ☐ Prepare the vegetables: In a pot of boiling salted water, cook the sugar snaps for 1 minute. Using a slotted spoon, transfer them to a colander set under cold running water; drain, pat dry and transfer to a large bowl. Repeat with the lima beans, cooking them until just tender, about 4 minutes; add them to the peas.
- ☐ In a small skillet, toast the curry powder over low heat, stirring, for 2 minutes; transfer to a plate.
- ☐ Add the mustard seeds to the skillet and cook for 2 minutes; transfer to another plate.
- ☐ In a bowl, combine the curry powder, oil, vinegar, garlic, lemon zest and salt.
- ☐ Cut each roast into 1/4-inch-thick slices.
- ☐ Add the radishes, cucumbers, chives, mustard seeds and 1/2 cup of the curry vinaigrette to the sugar snaps and lima beans and toss.
- ☐ Serve the beef with the vegetables and pass the remaining vinaigrette separately.
- ☐ Make Ahead: The roasted beef and the cooked peas and beans can be refrigerated separately overnight.

## Nutrition Facts



## Properties

Glycemic Index:20.42, Glycemic Load:2.81, Inflammation Score:-7, Nutrition Score:13.613478266675%

## Flavonoids

Pelargonidin: 10.52mg, Pelargonidin: 10.52mg, Pelargonidin: 10.52mg, Pelargonidin: 10.52mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 143.89kcal (7.19%), Fat: 5.68g (8.74%), Saturated Fat: 0.81g (5.03%), Carbohydrates: 18.34g (6.11%), Net Carbohydrates: 12.8g (4.65%), Sugar: 7.43g (8.26%), Cholesterol: 0mg (0%), Sodium: 749.84mg (32.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.77%), Vitamin C: 41.94mg (50.84%), Vitamin K: 33.06µg (31.49%), Manganese: 0.61mg (30.58%), Fiber: 5.54g (22.18%), Folate: 76.09µg (19.02%), Iron: 3.02mg (16.78%), Vitamin A: 778.36IU (15.57%), Potassium: 521.7mg (14.91%), Magnesium: 53.09mg (13.27%), Vitamin B6: 0.26mg (13.09%), Vitamin B1: 0.19mg (12.73%), Copper: 0.23mg (11.66%), Phosphorus: 114.07mg (11.41%), Vitamin B2: 0.15mg (9.07%), Vitamin B5: 0.87mg (8.73%), Vitamin E: 1.24mg (8.29%), Calcium: 68.29mg (6.83%), Selenium: 4.57µg (6.53%), Zinc: 0.87mg (5.83%), Vitamin B3: 0.86mg (4.3%)