



Roasted Beef Tenderloin with Basil-Curry Mayonnaise

READY IN



68 min.

SERVINGS



8

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 pound beef tenderloin trimmed
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons coriander seeds
- ☐ 2 teaspoons cumin seeds
- ☐ 1 tablespoon curry powder
- ☐ 0.3 cup basil leaves fresh finely chopped
- ☐ 3 cloves garlic
- ☐ 0.3 teaspoon kosher salt

- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup mascarpone cheese at room temperature
- ☐ 1 cup mayonnaise
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 teaspoon paprika smoked

Equipment

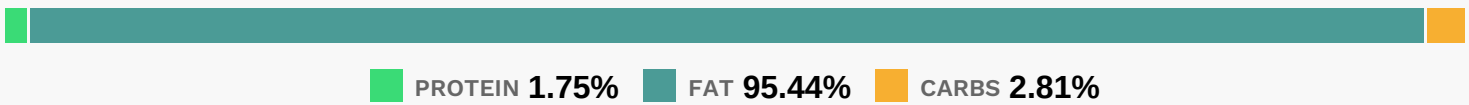
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ mortar and pestle
- ☐ cutting board
- ☐ chefs knife

Directions

- ☐ For the beef: Arrange an oven rack in the center of the oven and preheat the oven to 400 degrees F. Spray a heavy baking sheet with vegetable oil cooking spray. Set aside.
- ☐ In a mortar and pestle, or spice grinder, finely grind the cumin seeds and coriander seeds.
- ☐ Heat a small skillet over medium heat.
- ☐ Add the spices and cook for a few seconds until aromatic and toasted.
- ☐ Put the spices in a small bowl. Chop the garlic on a cutting board and sprinkle with 1/4 teaspoon salt. Holding a chef's knife at a 45 degrees angle, scrape the garlic and salt together to form a paste.
- ☐ Add the garlic paste to the bowl with the spices.
- ☐ Add the remaining 2 teaspoons salt, black pepper, and oil and stir until smooth.

- ☐
- Put the meat on the prepared baking sheet and rub with the spice mixture. Roast for 35 to 40 minutes or until an instant-read thermometer inserted into the thickest part of the meat registers 125 degrees F, for medium-rare.
- ☐
- Remove from the oven and transfer the meat to a cutting board. Cover the meat loosely with foil and let rest for 20 minutes.
- ☐
- For the mayonnaise: In a small bowl, whisk together the mayonnaise, mascarpone cheese, basil, curry powder, and paprika until smooth. Season with salt and pepper, to taste.
- ☐
- To serve: Slice the meat into 1/4-inch thick slices and arrange on a platter. Spoon the mayonnaise mixture into a small serving bowl and serve alongside the sliced meat.

Nutrition Facts



Properties

Glycemic Index:29.88, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:4.3869564662809%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 261.53kcal (13.08%), Fat: 27.92g (42.96%), Saturated Fat: 5.77g (36.04%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.23g (0.45%), Sugar: 0.23g (0.26%), Cholesterol: 18.79mg (6.26%), Sodium: 256.2mg (11.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Vitamin K: 53.47µg (50.92%), Vitamin E: 1.69mg (11.26%), Manganese: 0.13mg (6.73%), Vitamin A: 308.28IU (6.17%), Iron: 0.81mg (4.51%), Calcium: 28.11mg (2.81%), Fiber: 0.62g (2.49%), Vitamin B6: 0.03mg (1.75%), Magnesium: 6.81mg (1.7%), Copper: 0.03mg (1.6%), Phosphorus: 15.63mg (1.56%), Selenium: 1.06µg (1.51%), Potassium: 47.14mg (1.35%)