

Beef Medallions & Scallion Salsa Verde

with Potatoes & Broccoli

TIME: 35-45 minutes

SERVINGS: 2

This recipe has been approved by Whole30®. To learn more about their guidelines, visit [Whole30.com](https://www.whole30.com).

In week seven of our eight weeks of Whole30® approved recipes, pan-seared beef medallions get a bright, aromatic lift from an Italian-style green sauce—made with scallions, garlic, lemon, and a dash of red pepper.



MATCH YOUR BLUE APRON WINE



Plush & Fruity

Whole30® guidelines do not permit alcohol consumption.



Ingredients



4
BEEF
MEDALLIONS



2
RUSSET POTATOES



½ lb
BROCCOLI



2
SCALLIONS



1
LEMON



1
RED ONION



1 clove
GARLIC

KNICK KNACKS:



¼ tsp
CRUSHED RED
PEPPER FLAKES



1 Tbsp
WEEKNIGHT
HERO SPICE
BLEND*

* Garlic Powder, Onion Powder, Smoked Paprika, & Whole Dried Parsley



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1 Prepare the vegetables:

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the bottom 1/2 inch of the **broccoli** stem; cut the broccoli into large pieces, keeping the florets intact. Peel the **onion** and cut into 1/2-inch-wide wedges. Halve the **potatoes** lengthwise, then cut crosswise into 1/2-inch-thick pieces.



2 Roast the vegetables:

- Line a sheet pan with aluminum foil. Place the **broccoli pieces**, **onion wedges**, and **sliced potatoes** on the foil. Drizzle with olive oil and season with salt, pepper, and the **spice blend**; toss to coat. Arrange in an even layer.
- Roast 25 to 27 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



3 Prepare the remaining ingredients:

- While the vegetables roast, cut off and discard the root ends of the **scallions**; thinly slice. Peel and finely chop the **garlic**; using the flat side of your knife, smash until it resembles a paste (or use a zester).
- Using a peeler, remove the yellow rind of the **lemon**, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.



4 Make the salsa verde:

- While the vegetables continue to roast, in a bowl, combine the **sliced scallions**, **lemon zest**, the **juice of 2 lemon wedges**, **3 tablespoons of olive oil**, as much of the **garlic paste as you'd like**, and as much of the **red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Stir to combine and season with salt and pepper to taste.



5 Cook the beef:

- While the vegetables continue to roast, pat the **beef** dry with paper towels; season with salt and pepper on both sides.
- In a medium pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned beef and cook 2 to 3 minutes per side for medium-rare, or until browned and cooked to your desired degree of doneness.
- Transfer to a plate and let rest for at least 5 minutes.



6 Finish the vegetables & serve your dish:

- Evenly top the **roasted vegetables** with the **juice of the remaining lemon wedges**.
- Serve the **rested beef** with the finished vegetables. Top the beef with the **salsa verde**. Enjoy!