

# Roasted natural beef tenderloin with balsamic marinated tomatoes, roasted potatoes and late summer green beans

Jason Graham, executive chef of Cal-a-Vie Health Spa

*4 servings*

## INGREDIENTS

- 12 oz whole tenderloin of beef, trimmed
- 4-6 large multicolored ripe heirloom tomatoes
- 4 medium red potatoes
- 1/2 lb flat green beans
- 2 t each chopped – fresh thyme, rosemary
- 1 T fresh puree of garlic
- 3/4 cup extra-virgin olive oil
- 4 t balsamic vinegar
- 1 large shallot, diced small
- 1/2 cup microgreens (any type)
- 2 T fresh basil, julienne
- Nonstick spray
- Kosher salt / black pepper (season to taste)

## DIRECTIONS

Preheat oven to 400 degrees. For the potatoes, slice in half and place potatoes in a medium bowl, add 1 T extra-virgin olive oil and liberally spray with nonstick spray. Lightly coat the baking sheet with nonstick spray and place potatoes flat on the sheet. Place in the oven and bake for 20 minutes. Turn when golden brown and continue to cook for another 20 minutes or until potatoes are soft when pierced with a knife. Remove from the oven, place the potatoes back into a small bowl and add fresh rosemary and thyme, garlic puree and salt and pepper to taste. Place the potatoes back onto the baking sheet and cook for another 5 minutes. Remove from the oven and set aside.

**For the tomatoes**, prepare a large dinner plate or serving dish. Core the tomatoes and slice widthwise 1/4 inches and lay flat on plate (or serving dish). Season the tomatoes lightly with salt and pepper and evenly distribute the balsamic vinegar and 4 T extra-virgin olive oil over the tomatoes. Place diced shallots and basil evenly to cover the tomatoes. Place the dish in the refrigerator up to 4 hours. Half an hour before serving, remove and place at room temperature.

**For the green beans**, bring water and a large pinch of salt in a medium sauce pot. Once the water boils, add the green beans and bring back to a boil. Cook for 20-30 seconds and remove. Drain from water and place green beans in a small saucepan. Add 1 T extra-virgin olive oil and season to taste with salt, and then set aside.

**For the meat**, place a medium sauce pan on medium heat and add remainder of the extra-virgin olive oil. Season the tenderloin liberally with salt and pepper. As soon as the saucepan begins to smoke, place the tenderloin down on one side, searing it until golden brown. Repeat this on all sides and on the last side; place the saucepan with tenderloin into the 400-degree oven. Cook for 10-12 minutes or until internal temperature reaches 130°F (use a meat thermometer if necessary). When the tenderloin reaches the desired temperature remove from oven and the pan and set it on a cutting board and let rest for 5 minutes before cutting.

**To complete**, on a large dinner plate place the 3 of the marinated tomatoes in a straight line, north to south, overlapping. Put the potatoes into the oven for a minute or two to quickly warm them and warm the green beans in the pan for about 30 seconds, just until hot. Plate the green beans horizontal to the tomatoes on the plate. Place two potatoes leaning against the green beans. Carefully slice the tenderloin into three 1-ounce medallions and lay atop each tomato. Garnish plates with microgreens.