Beef tenderloin marinated in brown sugar, coconut aminos, red wine vinegar and brown mustard, grilled; roasted cubed potatoes with Italian seasoning and paprika; cabbage, corn and red bell pepper.



Grilled Beef Tenderloin with Roasted Potatoes & Cabbage, Corn & Red Pepper

The game plan

Marinate the beef tenderloin in brown sugar, coconut aminos, red wine vinegar and brown mustard, then grill it. Cube the potatoes and roast them with dried Italian seasoning and paprika. The vegetables are cabbage, frozen corn kernels, and red bell pepper.

What you need

Amounts are for 2 servings — scale up or down for your table.

- Beef tenderloin: 2 filet mignon, about 6 oz each
- Brown sugar: 2 Tbsp (for the marinade)
- Coconut aminos: 3 Tbsp (for the marinade)
- Red wine vinegar: 1 Tbsp (for the marinade)
- Brown mustard: 1 Tbsp (for the marinade)
- Potatoes: about 1 lb, cubed
- Dried Italian seasoning: 1 tsp
- Paprika: 1 tsp
- Cabbage: about 4 cups chopped
- Corn kernels, frozen: 1 cup
- Red bell pepper: 1, sliced
- Olive oil: 1–2 Tbsp
- Salt and black pepper

COOK THE PLATE

Three parts, one dinner · Serves 2



1. Marinate and grill the beef tenderloin

1. Mix the brown sugar, coconut aminos, red wine vinegar, and brown mustard. Coat the filets and marinate at least 30 minutes — up to a few hours in the fridge.
2. Grill over medium-high heat to your doneness — about 4–5 minutes per side for medium-rare on a 6 oz filet.
3. Rest 5 minutes before serving.



2. Roast the potatoes

1. Heat the oven to 425°F.
2. Toss the cubed potatoes with olive oil, dried Italian seasoning, paprika, salt, and pepper.
3. Roast until crisp at the edges and tender inside, about 25–30 minutes, turning once.



3. Cook the vegetables

1. Heat a little olive oil in a large pan over medium heat.
2. Add the cabbage, frozen corn kernels, and red bell pepper.
3. Cook until the cabbage softens, about 8–10 minutes. Season with salt and pepper.

Optional, for garlic lovers: cook chopped garlic in the oil for 30–60 seconds, shaking the pan so it doesn’t burn, and add it to the vegetables after they’re cooked.

Serve

Beef tenderloin, roasted potatoes, and vegetables on one plate.

