



## Macadamia Crusted Beef Tenderloin with Chimichurri Sauce

### *For the Tenderloin*

2 lb. center cut beef tenderloin  
1/4 c olive oil  
1 T Worcestershire sauce  
2 T Dijon mustard  
1 t garlic powder  
1/2 c crushed macadamia nuts  
1 T dried rosemary  
1/2 T dried thyme

### *For the Chimichurri Sauce*

1 c fresh Italian parsley  
3 cloves garlic  
1/2 c olive oil  
1/4 c red wine vinegar  
Salt and pepper to taste

### *For the beef tenderloin:*

Preheat the oven to 425°F.

In a large sauté pan, heat the oil over medium-high heat. Season the beef with salt and pepper and sear the beef in the oil on all sides.

Remove the beef and set it aside to cool.

In a shallow dish, whisk together the olive oil, Worcestershire sauce, Dijon mustard and garlic powder. Next, in a small mixing bowl combine the macadamia nuts with the thyme and rosemary.

When the meat is cool to the touch, roll it in the olive oil mixture so that it is evenly coated. Next cover the beef with the macadamia nuts and herbs, pressing the nuts firmly into the beef to form a crust.

Place the beef in an oven safe dish and press any remaining nuts around the beef. Bake for 25-30 minutes, or until it reaches an internal temperature of 150F degrees (for medium rare). Remove from the oven and let rest 10-15 minutes before slicing. Serve with chimichurri sauce.

### *For the chimichurri sauce:*

While the beef is roasting, combine all the ingredients for the chimichurri sauce in a food processor and pulse until combined. Red pepper flakes and oregano can also be added. Add additional seasonings to taste.

