



Herb Roasted Beef Tenderloin

Servings: 6–8

Prep Time: 15 minutes

Cook Time: 35–45 minutes

Resting Time: 15 minutes

Total Time: ~1 hour 15 minutes

Ingredients:

- 1 whole beef tenderloin (about 2.5–3 lbs), trimmed
 - 2 tbsp olive oil
 - 2 tsp kosher salt
 - 1 tsp black pepper
 - 4 garlic cloves, minced
 - 1 tbsp fresh rosemary, finely chopped
 - 1 tbsp fresh thyme, finely chopped
 - 1 tbsp fresh parsley, finely chopped
 - 1 tsp Dijon mustard (optional, for extra flavor)
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Instructions:

1. **Preheat oven** to 425°F (220°C). Line a roasting pan or baking sheet with foil and place a rack on top.
2. **Prepare the herb rub:** In a small bowl, combine olive oil, salt, pepper, garlic, rosemary, thyme, parsley, and Dijon mustard (if using).
3. **Season the tenderloin:** Pat the beef dry with paper towels. Rub the herb mixture evenly all over the tenderloin.
4. **Roast:** Place the tenderloin on the rack and roast for 35–45 minutes, or until the internal temperature reaches:
 - **120–125°F** for rare
 - **130–135°F** for medium-rare
 - **140–145°F** for medium
5. **Rest:** Remove from oven, tent loosely with foil, and let rest for at least 15 minutes. This allows juices to redistribute.
6. **Slice & serve:** Slice into medallions and serve with your favorite sauce or roasted vegetables.