

Garlic Herb Beef Tenderloin Recipe (Oven Roasted with Rich Pan Juices)

Million Dollar Herb-Crusted Beef Tenderloin (Buttery, Juicy, and Celebration-Worthy)

OVEN
400°F

TIME
3 min

TEMP
145°F

PRINT
Recipe Card

INGREDIENTS

- 1 (3-4 lb) beef tenderloin, trimmed
- 2 tbsp olive oil
- 4 cloves garlic, minced
- 2 tbsp fresh rosemary, chopped
- 1 tbsp fresh thyme, chopped
- 1 tbsp Dijon mustard
- 1 tsp salt
- $\frac{1}{2}$ tsp black pepper
- ... cup unsalted butter, melted
- $\frac{1}{2}$ cup beef broth

DIRECTIONS

1. Preheat oven: Heat to 400°F (200°C).
2. Season: Pat the tenderloin dry. Rub with olive oil, then coat evenly with garlic, rosemary, thyme, Dijon, salt, and pepper.
3. Sear: Heat a large oven-safe skillet over medium-high heat. Sear tenderloin 2-3 minutes per side until a golden crust forms.
4. Add butter + broth: Pour melted butter over the beef and add beef broth to the skillet.
5. Roast: Transfer skillet to oven and roast 25-30 minutes, or until internal temp reaches 135°F (57°C) for medium (see temp guide below).
6. Rest: Remove from oven and rest 10 minutes before slicing.
7. Serve: Slice into thick medallions and spoon pan juices over the top.

SWAPS & NOTES

Fresh vs dried herbs: Dijon substitute: Whole-grain mustard works too and adds a little texture.

Sear in a skillet, then transfer to a roasting pan and add broth around the tenderloin.

Tie it up: If the tenderloin is uneven, use kitchen twine every 2 inches to help it cook evenly (optional, but helpful).

Salt note: If your beef broth is salty, season lightly at first and adjust after roasting.

TIPS FOR SUCCESS

Tenderloin is expensive-this is the easiest way to nail doneness.

Resting keeps juices in the meat instead of on the cutting board.

It helps the crust develop during searing.

That crust + pan fond is what makes the juices taste so rich.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/garlic-herb-beef-tenderloin-recipe-oven-roasted-with-rich-pan-juices/>