



Beef Tenderloin with Blue Cheese Butter

Bacon Brussels Sprouts & Mashed Cauliflower



50min



2 Servings

Take a seat at our Premium table! It would be hard to outshine a juicy, restaurant-worthy beef tenderloin, but these sides almost take the cake. First we have a smooth cauliflower mash enhanced by sour cream. Then we have Brussels sprouts and bacon that bake together before we toss in walnuts, pickled shallots, and vinegar. The finishing touch is a blue cheese compound butter that'll melt right into your steak.

What we send

- ½ lb Brussels sprouts
- garlic
- 1 shallot
- 1 oz walnuts ¹⁵
- ¼ oz fresh parsley
- 4 oz pkg thick-cut bacon
- 1 head cauliflower
- 2 (1 oz) sour cream ⁷
- 1 oz blue cheese crumbles ⁷
- 10 oz pkg beef tenderloin

What you need

- kosher salt & ground pepper
- 5 Tbsp butter, softened ⁷
- neutral oil
- red wine vinegar
- sugar

Tools

- medium pot
- rimmed baking sheet
- large skillet
- immersion blender or potato masher

Cooking tip

For a nicer presentation, roll the blue cheese butter into a log, wrap it in parchment paper, and chill in the fridge. Then cut into slices before serving it over the steak.

Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1240kcal, Fat 94g, Carbs 33g, Protein 65g



1. Prep ingredients

Bring a medium pot of **salted water** to a boil. Preheat oven to 425°F with a rack in the center.

Trim and halve **Brussels sprouts**; quarter if large and keep any leaves that fall off. Finely chop **2 teaspoons garlic**. Thinly slice **shallot**. Coarsely chop **walnuts**. Pick **parsley leaves** from **stems**; thinly slice stems. Cut **bacon** into ½-inch strips.



4. Bake Brussels sprouts

On a rimmed baking sheet, toss **Brussels sprouts, bacon, remaining shallots, and 2 teaspoons oil**. Season with **salt and pepper**; spread into an even layer.

Bake on center oven rack until bacon and Brussels are just starting to brown, 10-15 minutes. Add **walnuts and 1 tablespoon vinegar and chopped garlic**; toss to combine.



2. Boil cauliflower

Cut **cauliflower** into 2-inch florets.

Add to boiling **salted water** and cook until easily pierced with a knife, about 15 minutes. Drain cauliflower and return to pot off heat. Add **all of the sour cream, ¾ teaspoon of the chopped garlic, and 2 tablespoons butter**. Cover to keep warm until step 6.



5. Cook steak

Return baking sheet to oven; bake until **Brussels sprouts and bacon** are browned and **walnuts** are toasted, 5-10 minutes.

Meanwhile, pat **steaks** dry; season all over with **salt and a generous amount of pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add steaks and cook until browned and medium-rare, 3-4 minutes per side. Transfer to a cutting board.



3. Make butter & pickles

Meanwhile, in a small bowl, combine **blue cheese, parsley stems, 3 tablespoons softened butter, and ½ teaspoon of the chopped garlic**; season to taste with **salt and pepper**. Set aside for serving.

In a second small bowl, combine **half of the shallots and 1 tablespoon vinegar** and ¼ **teaspoon sugar**. Season with **salt and pepper**.



6. Finish & serve

Toss **Brussels** with **pickled shallots and any brine** and **half of the parsley leaves**. Use an immersion blender or potato masher to mash **cauliflower** until smooth. Season to taste. Slice **steak**, if desired.

Serve **tenderloin** topped with **blue cheese butter, a few cracks of pepper, and remaining parsley**. Serve **Brussels sprouts** and **mashed cauliflower** alongside. Enjoy!