

# MARLEY SPOON



## Beef Tenderloin with Blue Cheese Butter

Bacon Brussels Sprouts & Mashed Cauliflower



40min



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 and pickled shallots. 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 <sup>2</sup>
- ¼ oz fresh parsley
- 4 oz pkg thick-cut bacon
- 1 head cauliflower
- 2 (1 oz) sour cream <sup>1</sup>
- 1 oz blue cheese crumbles <sup>1</sup>
- 10 oz pkg beef tenderloin

## What you need

- kosher salt & ground pepper
- 5 Tbsp butter, softened <sup>1</sup>
- balsamic vinegar (or red wine vinegar)
- ¼ tsp sugar
- 1 Tbsp 2 tsp neutral oil

## Tools

- medium pot
- rimmed baking sheet
- medium 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 (1), Tree Nuts (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 1230kcal, Fat 94g, Carbs 30g, 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 remaining balsamic 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 each of the shallots and balsamic 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 and season to taste. Slice **steak**, if desired.

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