

# MARLEY SPOON



## Seared Steak with Blue Cheese Butter

Bacon Brussels Sprouts & Mashed Cauliflower



2 Servings

Take a seat at our Premium table! It would be hard to outshine a juicy, restaurant-worthy coulotte steak, 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 golden balsamic vinegar. The finishing touch is a blue cheese compound butter that'll melt right into your steak.



## What we send

- ½ lb Brussels sprouts
- 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>
- 1 Tbsp 2 tsp neutral oil
- ¼ tsp sugar
- garlic

## Tools

- pot
- rimmed baking sheet
- skillet
- immersion blender

## 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 0kcal



### 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. 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!