

Beef Tenderloin With Roasted Cauliflower "Steak"

Two "steaks" in one recipe! Try these juicy Tenderloin Steaks with roasted cauliflower cut into "steak" portions.



INGREDIENTS

- 4 beef Tenderloin Steaks, cut 3/4" thick (about 4 ounces each)
- 1 large head cauliflower
- 2 tablespoons olive oil
- 2 tablespoons prepared creamy horseradish sauce
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/2 teaspoon dried minced onion
- 1/2 teaspoon granulated garlic

50 Min	4	42 Cal	29g
	Servings		Protein

COOKING

1. Preheat the oven to 400°F. Trim leaves from cauliflower, leaving the stem intact. Cut cauliflower vertically from top through stem. Cut each half into two 3/4-inch slices, saving any florets or large pieces that remain.
2. Place cauliflower on a sheet pan and drizzle both sides with olive oil.
3. Combine Rub ingredients; sprinkle 1/2 teaspoon over both sides of cauliflower slices. Bake 40 minutes or until cauliflower is tender.
4. After 15 minutes, heat a medium ovenproof skillet over medium-high heat until hot. Coat steaks on both sides with remaining 2-1/2 teaspoons rub. Brown steaks on both sides in skillet. Transfer skillet to oven; cook about 15 minutes for medium rare 145°F doneness.
5. Carve steaks into thin slices. Serve steak slices on cauliflower steaks. Drizzle with prepared horseradish sauce.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		16g	87mg		10g	29g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com