

## Beef Tenderloin With Roasted Cauliflower &Quot;Steak&Quot;

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







(3)

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4 Servings 29g Protein

## **COOKING**

- 1. Preheat the oven to  $400^{\circ}$ 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  $145^{\circ}F$  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	GLUTEN FREE	NATURAL
4		16g	87mg		10g	29g	1	0

<sup>\*</sup>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.

 $Courtesy \ of \ BeefIts Whats For Dinner. com$