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

50 Min
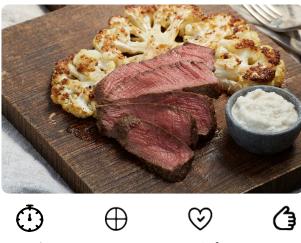
4 Servings

42 Cal

29g 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	GLUTEN FREE	ALL NATURAL
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