Steak and Vegetables with Chimichurri

45 MIN	4 SERVINGS	340 CAL	27 G PROTEIN



Prep Time: 15 min
Cook Time: 30 min
Total Time: 45 min

Ingredients:

- [ ] 4 beef Tenderloin Steaks, cut 1-inch thick (about 4 ounces each)
- [ ] 1 pound sweet potatoes, peeled, sliced 1/4-inch thick
- [ ] 1 pound beets, peeled, sliced 1/4-inch thick
- [ ] 1/4 teaspoon cooking spray
- [ ] 1/2 teaspoon salt

Chimichurri:

- [ ] 1/2 cup kale
- [ ] 2 tablespoons unsalted pistachios
- [ ] 2 tablespoons chopped fresh parsley
- [ ] 2 tablespoons olive oil
- [ ] 2 tablespoons lemon juice
- [ ] 1 tablespoon orange juice
- [ ] 1 tablespoon red wine vinegar
- [ ] 2 teaspoons minced garlic
- [ ] 1-1/2 teaspoons freshly ground black pepper, divided

Cooking:

1. Preheat oven to 400°F. Line baking sheet with parchment paper; place sweet potatoes and beets on baking sheet. Coat with cooking spray. Bake 20 to 25 minutes or until tender and browned, turning halfway through.

2. Meanwhile place kale, pistachios, parsley, oil, lemon juice, orange juice, vinegar, garlic and 1/2 teaspoon pepper in food processor or blender container. Cover; blend until smooth, stopping and

scraping sides of container as needed.

3 Heat large nonstick skillet over medium-high heat until hot. Coat Tenderloin Steaks with cooking spray; season with salt and remaining pepper. Place steaks in skillet; cook 7 to 10 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

4 Place roasted vegetables on bottom of large platter. Top with steaks. Drizzle each steak with 1 tablespoon chimichurri before serving.

