



Beef Wellington Tarts with Mushroom Blue Cheese Sauce

READY IN



60 min.

SERVINGS



2

CALORIES



1125 kcal

Ingredients

- ☐ 0.3 cup cheese blue crumbled
- ☐ 1 tablespoon butter
- ☐ 5 ounce filet mignon steaks room temperature
- ☐ 2 cloves garlic chopped
- ☐ 0.5 cup heavy cream
- ☐ 2 cups kale coarsely chopped (or spinach)
- ☐ 8 ounces mushrooms sliced
- ☐ 1 tablespoon oil
- ☐ 1 small onion diced

- ☐ 0.5 package puff pastry
- ☐ 2 servings salt and pepper to taste
- ☐ 1 teaspoon thyme leaves chopped
- ☐ 0.3 cup white wine

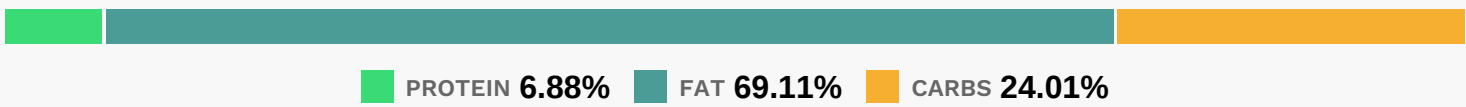
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Roll the puff pastry out into a 12x12 inch square, cut out 2 6x6 inch squares score a half inch line around the outside, prick the inside all over with a fork and bake in a 375F oven until golden brown, about 15–20 minutes before setting aside. Meanwhile, melt the butter in a pan over medium heat, add the onions and mushrooms and cook until the mushrooms start to caramelize, about 15–20 minutes.
- ☐ Add the garlic and thyme and cook until fragrant, about a minute.
- ☐ Add the wine and deglaze the pan.
- ☐ Add the cream and blue cheese, bring to a simmer and cook until the blue cheese has melted and the sauce has thickened a bit, about 3–5 minutes, before setting aside.
- ☐ Heat the oil in an oven safe pan over medium–high heat, add the filets, seasoned with salt and pepper, and cook until caramelized, about 1–2 minutes per side.
- ☐ Transfer the pan to a preheated 400F oven and roast until the desired level of doneness (130F for medium–rare), about 4–6 minutes, and set aside to rest for ten minutes. Meanwhile, heat the oil in a pan over medium heat add the kale and cook until just wilted, about 2–3 minutes. Slice the beef and assemble the tarts by pushing down the centre of the tarts, placing the kale in followed by the beef and the mushroom blue cheese sauce and enjoy!

Nutrition Facts



Properties

Glycemic Index:157, Glycemic Load:32.14, Inflammation Score:-10, Nutrition Score:33.743478007939%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg

Nutrients (% of daily need)

Calories: 1124.84kcal (56.24%), Fat: 86.24g (132.68%), Saturated Fat: 32.86g (205.4%), Carbohydrates: 67.41g (22.47%), Net Carbohydrates: 62.98g (22.9%), Sugar: 6.91g (7.67%), Cholesterol: 94.94mg (31.65%), Sodium: 786.82mg (34.21%), Alcohol: 3.09g (100%), Alcohol %: 0.79% (100%), Protein: 19.32g (38.63%), Vitamin K: 172.72µg (164.5%), Vitamin A: 4041.14IU (80.82%), Selenium: 45.42µg (64.89%), Vitamin B2: 1.06mg (62.35%), Manganese: 1.07mg (53.52%), Vitamin B3: 9.74mg (48.71%), Folate: 189.18µg (47.3%), Vitamin B1: 0.64mg (42.94%), Phosphorus: 308.42mg (30.84%), Copper: 0.58mg (29.1%), Iron: 5.01mg (27.84%), Potassium: 794.7mg (22.71%), Vitamin B5: 2.25mg (22.47%), Vitamin E: 3.27mg (21.79%), Vitamin C: 16.3mg (19.75%), Calcium: 195.75mg (19.58%), Fiber: 4.43g (17.72%), Magnesium: 70.55mg (17.64%), Vitamin B6: 0.35mg (17.44%), Zinc: 2.14mg (14.3%), Vitamin D: 1.26µg (8.42%), Vitamin B12: 0.36µg (5.97%)