



HEALTH SCORE

87%

Tenderloin Steaks with Gorgonzola and Herbs and Roasted Garlic and Grape Tomato Pasta with Basil and Arugula



Very Healthy

READY IN



58 min.

SERVINGS



4

CALORIES



1104 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula coarsely chopped
- ☐ 1 cup basil leaves shredded
- ☐ 4 servings pepper black freshly ground
- ☐ 1 handful flat-leaf parsley
- ☐ 8 sage leaves fresh
- ☐ 8 cloves garlic peeled halved

- ☐ 1 cup gorgonzola crumbles
- ☐ 2 pints grape tomatoes
- ☐ 3 tablespoons olive oil plus some extra-virgin for drizzling
- ☐ 1 cup parmigiano-reggiano generous grated
- ☐ 1 pound penne rigate
- ☐ 4 servings salt
- ☐ 2 scallions
- ☐ 4 tenderloin steaks 11

Equipment

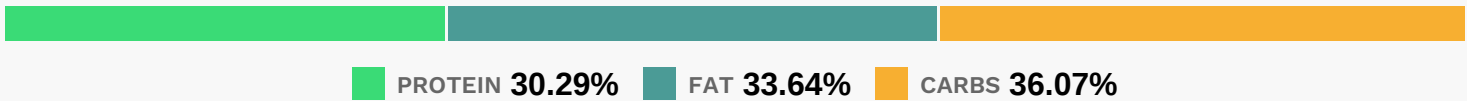
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ potato masher
- ☐ stove

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ Place a pot of water on the stove and bring to a boil for the pasta. Salt water, add pasta and cook to just-shy of al dente. It needs to have a real bite left to it because it will sit in the sauce for 2 minutes later on and continue to cook. Heads up: you will need 2 ladles of starchy cooking water just before draining, about 1 1/2 cups.
- ☐ Place the grape tomatoes on a cookie sheet with the garlic. Coat the tomatoes and cracked garlic with 3 to 4 tablespoons extra-virgin olive oil and season with lots of salt and pepper. Roast 20 minutes.

- ☐ Season the steaks with salt and pepper. Rub with a clove of cut garlic. Coat the steaks lightly in extra-virgin olive oil.
- ☐ Chop the scallions, whites and greens. Thinly slice the sage and finely chop the parsley.
- ☐ Combine the scallions and herbs with the Gorgonzola crumbles.
- ☐ When you are a few minutes away from taking the tomatoes out of the oven, heat a skillet over high heat.
- ☐ Add the steaks and caramelize the meat on both sides, a minute and a half per side should do it.
- ☐ Take the tomatoes and garlic out of the oven. Turn the oven off. Top the meat with the gorgonzola and transfer the skillet to the oven.
- ☐ Let the meat sit in the hot oven 4 to 5 minutes. The Gorgonzola will melt down over the meat and the steaks will be tender and pale pink inside.
- ☐ Remove the roasted garlic from the skins and mash into a paste with the side of your knife.
- ☐ Transfer the garlic paste to the bottom of a pasta bowl. Using a fork, mix the garlic into 2 ladles of starchy pasta cooking water, about 1 1/2 cups.
- ☐ Add the tomatoes to the bowl and mash them with a potato masher until a sauce forms and tomatoes are well combined with garlic broth.
- ☐ Add penne, grated cheese, arugula and basil and toss a minute or 2 to allow the pasta to soak up flavors.
- ☐ Serve meat with pasta alongside.

Nutrition Facts



Properties

Glycemic Index:90.5, Glycemic Load:37.63, Inflammation Score:-10, Nutrition Score:52.520000012025%

Flavonoids

Naringenin: 1.61mg, Naringenin: 1.61mg, Naringenin: 1.61mg, Naringenin: 1.61mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.81mg, Kaempferol: 3.81mg, Kaempferol: 3.81mg, Kaempferol: 3.81mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 1103.78kcal (55.19%), Fat: 40.81g (62.79%), Saturated Fat: 16.19g (101.18%), Carbohydrates: 98.44g (32.81%), Net Carbohydrates: 91.37g (33.22%), Sugar: 10.02g (11.14%), Cholesterol: 182.83mg (60.94%), Sodium: 1067.81mg (46.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 82.69g (165.38%), Selenium: 151.26µg (216.09%), Phosphorus: 1047mg (104.7%), Vitamin B6: 1.92mg (96.08%), Vitamin B3: 18.34mg (91.72%), Vitamin K: 93.83µg (89.36%), Zinc: 12.61mg (84.1%), Manganese: 1.58mg (78.79%), Vitamin A: 3080.52IU (61.61%), Calcium: 586.73mg (58.67%), Potassium: 1811.53mg (51.76%), Copper: 0.96mg (48.05%), Vitamin C: 39.32mg (47.66%), Vitamin B12: 2.75µg (45.77%), Magnesium: 167.66mg (41.91%), Iron: 6.69mg (37.17%), Vitamin B2: 0.6mg (35.08%), Folate: 116.54µg (29.13%), Vitamin B5: 2.87mg (28.67%), Fiber: 7.07g (28.28%), Vitamin B1: 0.4mg (26.52%), Vitamin E: 3.88mg (25.85%), Vitamin D: 0.27µg (1.78%)