

A Perfect Pairing of Steak with Sweet Potato Fries and Creamy Blue Cheese Sauce

Saleha · 06/11/2021



Prep Time

45 minutes

Difficulty

Easy

Servings

4

Description

This recipe for steak with creamy blue cheese sauce and sweet potato fries is the perfect way to treat yourself to a delicious, hearty meal. The steak is cooked to perfection and the creamy blue cheese sauce is the perfect complement to the juicy, flavorful meat. The sweet potato fries are crispy and flavorful, making this dish a complete and satisfying meal. To find the exact measurements and instructions for this homemade Steak With Creamy Blue Cheese Sauce and Sweet Potato Fries recipe do scroll down

Ingredients

- 2 small sweet potatoes, peeled, halved, and cut into thin wedges
- 3 tbsp. extra-virgin olive oil, divided
- 1 tsp. cayenne pepper
- 1 tbsp. brown sugar
- kosher salt
- Freshly ground black pepper
- 1/2 c. freshly chopped parsley, divided
- 1 c. heavy cream
- 3 oz. blue cheese, crumbled
- 1 tsp. smooth Dijon mustard
- 1 1/2 lb. beef tenderloin (or sirloin), cut into 4 steaks

Instructions

1. Preheat oven to 425° and line two baking sheets with aluminum foil.
2. In a gallon-size resealable plastic bag, shake sweet potatoes, 2 tablespoons olive oil, cayenne, and brown sugar until all potatoes are coated. Spread sweet potatoes on baking sheet and season generously with salt and pepper. Roast until golden and crisp around the edges, 20 minutes, then sprinkle with 1/4 cup parsley.
3. Make sauce: In a small saucepan over medium-high heat, bring cream to a boil. Reduce heat and let simmer until reduced by half, 10 minutes. Stir in blue cheese, Dijon, and remaining 1/4 cup parsley, then remove from heat.
4. In a heavy-bottomed skillet (or grill pan) over medium-high heat, heat remaining 1 tablespoon olive oil. Season steaks on both sides with salt and pepper and cook about 5 minutes per side, or until the internal temperature reaches 140° (for medium). Transfer to a cutting board and let sit 5 minutes.
5. Slice steak thinly and serve with blue cheese sauce and sweet potato fries. Garnish steak and sweet potatoes with remaining parsley.