

# Steakhouse-Style Creamy Garlic Tenderloins

## A Farm-to-Table Take on Classic Comfort

Some nights just call for something special—without the hassle of dressing up or leaving the house. That’s where this steakhouse-style tenderloin recipe shines. Juicy, flavourful, and topped with a velvety garlic cream sauce, it brings the indulgence of a high-end restaurant right to your dinner table. Crafted with Nutrafarm’s premium tenderloin steaks, this dish is simple to prepare but rich in taste. It’s the perfect recipe for a cozy date night, a weekend treat, or anytime you feel like spoiling yourself (without blowing the grocery budget).

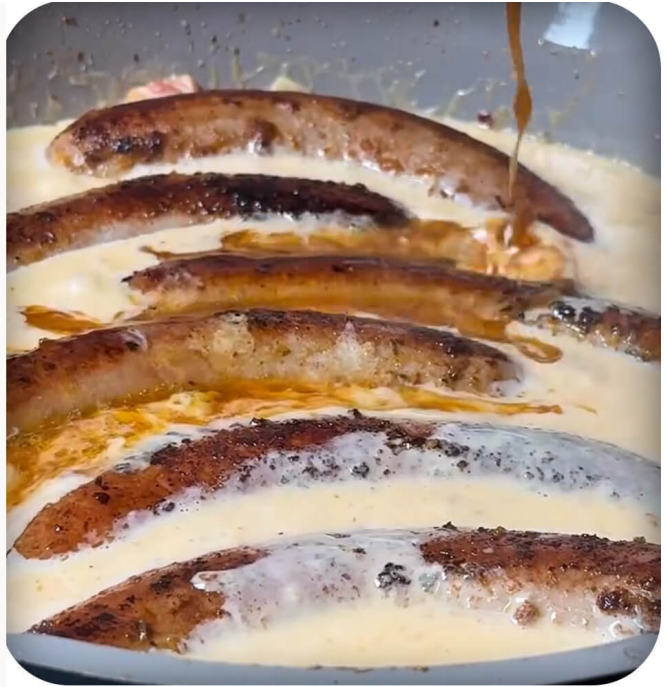
### ▢ What You’ll Need

For the Steaks:

- 2 Nutrafarm’s tenderloin steaks
- Salt & pepper to taste
- 1 tbsp olive oil
- 1 tbsp butter
- 2–3 garlic cloves (whole or lightly crushed)
- Fresh parsley (chopped, for garnish)

For the Garlic Cream Sauce:

- 3–4 garlic cloves (chopped)
- 1 cup heavy cream
- $\frac{1}{4}$  cup chicken or beef broth
- 1 tbsp Dijon mustard
- 1 tsp dried oregano



## □ Instructions

### 1. Season & Sear

- Pat steaks dry and season generously with salt and pepper.
- Heat olive oil in a pan over medium-high heat. Sear the steaks for 3–5 minutes per side, depending on thickness and your preferred doneness.
- Flip the steaks, add butter and whole garlic cloves, and baste with the melted butter for extra flavour.

### 2. Let Them Rest

Remove the steaks from the pan and let them rest on a plate while you prepare the sauce. Resting keeps the meat juicy and tender.

### 3. Make the Cream Sauce

- In the same pan, sauté chopped garlic until fragrant (about 1 minute).
- Stir in the cream, broth, Dijon mustard, and oregano. Simmer for 3–5 minutes until the sauce thickens slightly.

### 4. Plate & Serve

Spoon a bit of sauce onto a plate, place your steak on top, and drizzle with more sauce. Finish with chopped parsley.

#### 👩🍳 Pro Tip:

Use a meat thermometer to hit the sweet spot. For medium-rare, aim for 130–135°F (54–57°C).



### Why Nutrafarms Tenderloins?

Our tenderloin steaks come from Ontario-raised, hormone- and

antibiotic-free grass-fed beef, dry-aged and flash-frozen for peak freshness. It's steak you can feel good about—from farm to fork.

[Want to taste the difference? Explore our grass-fed beef options here.](#)

## **Ready to Cook Like This Every Week?**

With Nutrafarms' customizable farm packages, you get top-quality proteins, produce, and pantry staples delivered right to your door—with a 3-year price guarantee and zero grocery store guesswork. Book your virtual farm tour today and start building your perfect package.