



## Deluxe Steak Dinner for Two



1/2 of recipe (1 filet with about 1/3 cup mushrooms and 3/4 cup mashies): 378 calories, 11.5g total fat (4g sat fat), 731mg sodium, 24.5g carbs, 3.5g fiber, 5g sugars, 45g protein

**Green Plan [SmartPoints](#)® value 9\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 9\***

**Purple Plan [SmartPoints](#)® value 7\***

**Prep:** 10 minutes    **Cook:** 30 minutes



### Ingredients

#### Mashies

6 oz. russet potato (about half a medium potato)  
1 1/2 cups cauliflower florets  
2 tbsp. light sour cream  
1 1/2 tsp. light whipped butter or light buttery spread  
1/8 tsp. each salt and black pepper

#### Steaks & Mushroom Topping

Two 6-oz. raw lean beefsteak filets  
1/8 tsp. black pepper  
1/4 tsp. salt  
2 cups sliced brown mushrooms  
2 tbsp. sherry cooking wine  
1 1/2 tsp. light whipped butter or light buttery spread  
Dash ground thyme

### Directions

Bring a medium-large pot of water to a boil. Meanwhile, peel and cube potato.

Add cauliflower and potato. Once returned to a boil, reduce heat to medium. Cook until very tender, 15 - 20 minutes.

Meanwhile, cook steaks and topping. If needed, pound steaks to an even thickness. Season with pepper and 1/8 tsp. salt. Bring a large skillet sprayed with nonstick spray to medium heat. Cover and cook filets for about 4 minutes per side, or until cooked to your preference. Plate steaks.

Remove skillet from heat; clean, if needed. Re-spray, and bring skillet to medium-high heat. Add mushrooms and remaining 1/8 tsp. salt. Cook and stir until softened and lightly browned, 4 - 6 minutes. Add sherry, butter, and thyme. Cook and stir until butter has melted, mixed with sherry, and evenly coated mushrooms, about 1 minute. Spoon over steaks.

Drain cauliflower and potato, and transfer to a large bowl. Add remaining mashie ingredients. Thoroughly mash and mix.

Serve steaks with mashies.

**MAKES 2 SERVINGS**

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.