



# Date Night Dining WITH R3

Date nights often mean dinner. There's just something romantic about the connection shared over a delicious meal. And a special meal can be flavorful, indulgent, and healthy all at the same time!



Find other irresistible and easy recipes for every occasion in the R3 Cookbook!



Whether you need an idea for Valentine's Day, an anniversary, or another special event, you don't have to sacrifice your healthy eating habits to impress your date and eat well.

Try this recipe from the R3 cookbook for your next date night.

## Filet Mignon with Garlic Herb Butter

### Garlic Herb Butter

½ cup butter, softened  
2 tsp. fresh rosemary  
1 Tbsp. fresh thyme  
2 garlic cloves, minced

1. In a small bowl, add butter, herbs, and garlic. Mix until well combined. Place mixed butter on a piece of plastic wrap. Roll plastic wrap around the butter, forming butter into a log shape, and twist the ends. Store in refrigerator until ready to use.

### Steak

2-4 (8 oz.) Riverbend Ranch Black Label filet mignon steaks, about 1 ½ inches thick  
2 tsp. kosher salt  
2 Tbsp. olive oil  
3 Tbsp. butter  
Freshly chopped parsley  
Freshly ground pepper

1. Remove steaks from the refrigerator and let them come to room temperature for about 30 minutes. Season both sides with salt and pepper.

2. Preheat the oven to 400°F.

3. Heat a cast-iron or oven-safe skillet on high heat. Add olive oil and butter. Once butter is melted and done foaming, place steaks in skillet. Cook for 2 minutes, then flip and cook another 2 minutes to get a nice sear. Place pan in the oven and cook for 7-8 minutes or until desired doneness.

4. Remove the skillet from the oven. Top each steak with an equal amount of garlic herb butter. Let rest for 5 minutes. Garnish with fresh parsley and pan juices.

