

RARE ROAST BEEF FILLET WITH A HERB CRUST

Ingredients:

750 g beef fillet
1 tbsp olive oil
1/2 cup coarsely chopped fresh flat leaf parsley
1/4 cup coarsely chopped fresh dill
1 clove garlic, crushed
2 tsp finely grated lemon zest
2 tsp lemon juice
1 tbsp olive oil

Instructions

Step 1

Preheat oven to 220C

Step 2

Rub beef with oil. Now heat a frying pan until hot and then add the beef fillet, sear on all sides until browned all over.

Step 3

Combine the herbs,, lemon zest, lemon juice, olive oil and nuts in a bowl, stir to combine.

Step 4

Transfer beef to oven, roast beef uncovered for 15-minutes. Remove and sprinkle with 3/4 of the herbs

Step 4

Cover with foil and roast a further 15-minutes or until cooked as desired.

Step 5

Remove the beef from the oven, and stand for 10-minutes, now slice the beef finely and serve sprinkled with the remaining herb and nut mixture.

THE COOKERY

by The Secret Jozi Chef

The Colony Shopping Centre, 345 Jan Smuts Avenue, Craighall, 2024.

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