

# RARE ROAST BEEF FILLET WITH A HERB CRUST

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## 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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