

BEEF FILLET WITH A WALNUT 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
1/4 cup coarsely chopped roasted walnuts
1 tbsp olive oil

METHOD

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 herb and nuts mixture

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