

Pro Tip Recipes

PREP TIME 25 MIN | COOK TIME 45 MINS | SERVES 10

CHARGILLED BEEF TENDERLOIN, BARBEQUED VEGETABLES, ASPARAGUS AND JUS

Method

1. Trim any fat and sinew from the fillet. Tie thyme and rosemary bunches together. Dip herb brush in oil, brush fillet lightly with oil. Season with salt and pepper.
2. Heat the barbecue to a high heat, place beef fillet on the barbecue and sear for 15 minutes, turning every 3-4 minutes. Move fillet to an indirect heat, cover with the barbecue lid and cook, turning once.
3. Cook beef until core temperature is between 58°C - 65°C for medium or until cooked to your liking. Remove beef to a carving board, cover loosely with foil, leave to rest for 10 minutes.
4. Slice beef into 1cm thick slices, serve with roast vegetables, chargrilled asparagus and jus.

INGREDIENT LIST

Beef

- 2kg Beef Eye Fillet

Other Ingredients

- 1 small bunch thyme
- 1 small bunch rosemary
- Olive oil for brushing
- Sea salt and freshly cracked black pepper

Serving Suggestions

- Roast vegetables
- Chargrilled asparagus
- Jus

