



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...
DAVE'S RECIPE BOX

BEEF EYE FILLET WITH PARSNIP & POTATO MASH



PREP
10 min



COOK
45 min



SERVES
4

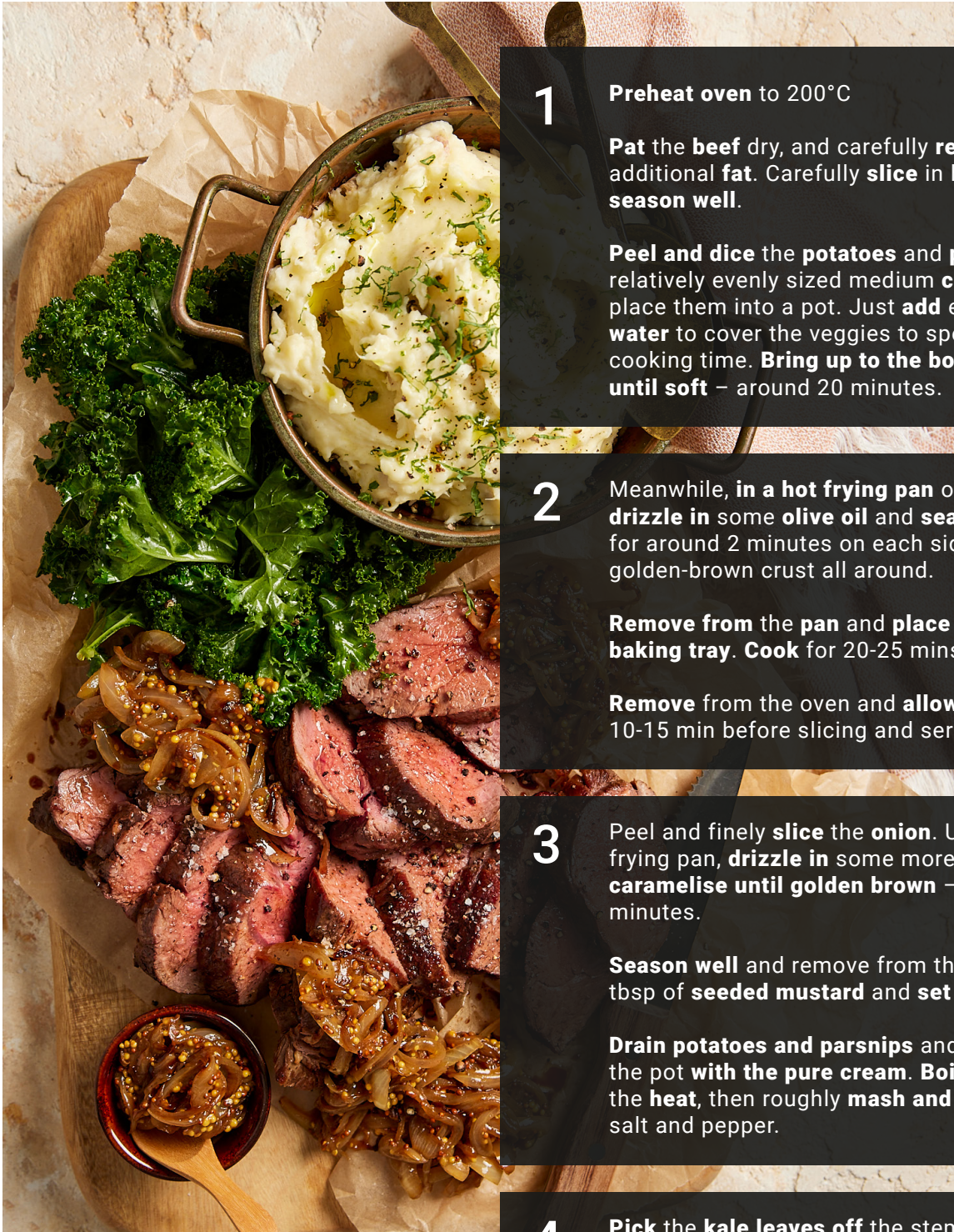
INGREDIENTS:

- > 1 Beef Eye Fillet
- > 800g Potatoes
- > 200g Parsnip
- > 300ml Cream
- > ½ Bunch Kale
- > 1 Brown Onion

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Seeded Mustard
- > Olive Oil

METHOD – GET COOKING!



1 Preheat oven to 200°C

Pat the **beef** dry, and carefully **remove** any additional **fat**. Carefully **slice** in half and **season well**.

Peel and dice the **potatoes** and **parsnips** into relatively evenly sized medium **cubes** and place them into a pot. Just **add** enough **hot water** to cover the veggies to speed up the cooking time. **Bring up to the boil** and **cook until soft** – around 20 minutes.

2 Meanwhile, in a **hot frying pan** on high heat, **drizzle in** some **olive oil** and **sear** the **beef** for around 2 minutes on each side, forming a golden-brown crust all around.

Remove from the **pan** and **place on** a lined **baking tray**. **Cook** for 20-25 mins.

Remove from the oven and **allow to rest** for 10-15 min before slicing and serving.

3 Peel and finely **slice** the **onion**. Using the frying pan, **drizzle in** some more **olive oil** and **caramelize until golden brown** – around 8-10 minutes.

Season well and remove from the pan. **Add** 1 tbsp of **seeded mustard** and **set aside**.

Drain potatoes and parsnips and **combine** in the pot **with the pure cream**. **Boil** and **turn off** the **heat**, then roughly **mash and season** with salt and pepper.

4 **Pick** the **kale leaves** off the stems and **sauté** them **on high heat** for approx. 2 minutes **until cooked and vibrant**.

Serve with the **sliced beef fillet**, **parsnip potato mash** and **sautéed onions**.

ABOUT YOUR LEFTOVER INGREDIENTS...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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