



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...

PROPER MEAT HARRIS FARM
PROPER MEAT

BEEF EYE FILLET WITH ROASTED POTATOES AND CHIMICHURRI



PREP
15 min



COOK
45 min



SERVES
6

INGREDIENTS:

- > 1Kg Queen May Potatoes
- > 1 Beef Eye Fillet
- > 2 Red Onions
- > ½ Garlic Head
- > 2 Rosemary Sprigs
- > 230g Chimichurri Sauce

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Salt and Pepper
- > Kitchen String
- > Olive Oil

METHOD – GET COOKING!



1

Preheat oven to 180-200°C.

Wash the potatoes with a cloth under running water, **cut them in to quarters**. **Squash the garlic** with a knife. **Peel the onions and cut them into 1cm wedges**. **Remove the rosemary leaves from the stem**.

2

Place the potatoes on a large, **lined baking tray**, **drizzle with** a generous amount of **olive oil and season** with salt and pepper.

Add the garlic, onions, rosemary leaves to tray. **Mix through, place inside the oven and cook** for 35 minutes or **until golden brown**.

3

Pad dry the eye fillet and remove the thin membrane using a sharp knife, then **fold it under the thin end of fillet**. **Tie with a string** all the way around so it keeps the same shape. **Season** with salt and pepper.

In a large frying pan on high heat, **drizzle olive oil and sear the beef** for 2 minutes **until golden brown**. **Turnover and repeat on every side**.

Place the beef on a lined **baking tray** and **cook in the oven** for 15-20 minutes for medium rare. **Remove from oven and set to rest** for at least 15 minutes before slicing.

4

Remove the strings from the beef and cut beef into 2cm thick slices.

Serve beef eye fillet with roasted potatoes and onions. **Drizzle with chimichurri sauce**.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- You may cook the beef longer, depending on the size and your cooking preference.
- The longer you leave the beef to rest the better, it will keep the juices and will bleed less.
- It is also easier to cut the beef into 4cm medallions if preferred.

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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