



**READY TO COOK**  
BY HARRIS FARM

# BEEF EYE FILLET WITH ROASTED TRUSS TOMATOES



PREP  
**15 min**



COOK  
**30 min**



SERVES  
**4**

## INGREDIENTS:

- > 800g-1.4kg Beef Eye Fillet
- > 2 Punnets Truss Tomatoes
- > 120g Baby Spinach

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper
- > Caramelised Balsamic

# METHOD – GET COOKING!



1

**Preheat oven** to 180°C.

**Remove** the **thin membrane** off the top of the **eye fillet** with a knife, **fold in** the **thin end** and **tie up** the beef **using cooking twine**.

2

**In a hot frying pan, sear** the **meat** for approximately 2 minutes on **each side until golden brown**. **Place** the **eye fillet** on a lined **baking tray** and **cook** for approximately 20-40 minutes, depending on size.

3

Meanwhile, **place** the **tomatoes** on a lined **baking tray**. **Drizzle** with **olive oil and caramelised balsamic**, then **season** with salt and pepper. **Cook in** the **oven** for 15 minutes **until soft and brown**. **Remove from oven** and **set to rest** for at least 15 minutes.

**In a hot frying pan, sauté spinach** until vibrant green. **Season** with salt and pepper.

4

**Serve** the beef in thin slices **with spinach** and **caramelised roasted tomatoes**.

## CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Tying the beef together is not necessary but will help it cook more evenly.
- Cook the beef eye fillet in the oven for 20 minutes if it's small or up to 40 minutes for a larger piece.

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



## FEEDBACK OR QUESTIONS?

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