

HARRIS FARM
HEROES

HERB COATED
WHOLE ROAST EYE FILLET
WITH SWEET POTATO WEDGES

PREP TIME: 35 MINUTES | SERVES: 4



BEEF EYE FILLET \$29.99/KG*

OUR SOFT AND TENDER CUT. SO **\$SPECIAL** YOU'LL WANT ROAST DINNERS ALWAYS

FOR MORE RECIPES VISIT HARRISFARM.COM.AU



HERB COATED

WHOLE ROAST EYE FILLET

WITH SWEET POTATO WEDGES

PREP TIME: 35 MINUTES | SERVES: 4

INGREDIENTS

- 600g beef eye fillet
- 4 TBSP olive oil
- 500g sweet potatoes, cut into wedges
- 4 cloves garlic peeled
- ¼ bunch rosemary
- 1 bunch baby truss tomatoes
- ¼ bunch chives
- ¼ bunch parsley
- ¼ bunch tarragon
- Salt & pepper

METHOD

1. Pre heat the oven to 190°C.
2. Place the sweet potatoes and tomatoes onto a baking dish, drizzle with 2 tbsp of olive oil. Season with salt, pepper, rosemary and garlic. Place into the oven until it is golden and cooked. Remove the tomatoes once blistered.
3. Add the remaining olive oil to an oven proof fry pan and heat on stove top.
4. Season the eye fillet with salt and pepper then place into the hot pan. Gently turn until it is browned and sealed all round.
5. Place in the oven until cooked to your liking. Once cooked, remove it from the oven and leave it to rest for 10 minutes.
6. In the meantime, chop the herbs finely.
7. Roll the fillet in it's juices then place onto the chopping board and roll in the herbs, pressing down firmly to ensure the herbs stick to the meat evenly. Cut into thick slices and serve with sweet potato wedges and grain mustard.

TIPS

Serve with a fresh mixed leaf salad or sprinkle shaved parmesan.
Sweet Delight tomatoes can be substituted for the baby truss tomatoes.



FOR MORE RECIPES VISIT HARRISFARM.COM.AU

*We are committed to offering the best value pricing possible on this product. At times our meat pricing can be impacted by highly variable market demands which may see this everyday pricing commitment not be able to be met.