



BBQ Eye Fillet



Serves

6



Prep Time

5 mins



Cook Time

30 - 40 mins

Buy a good cut of meat and you'll never go wrong. A good rule of thumb is around 150 - 200 gms red meat per person, depending on what else is being served. Ideally take the meat out for 30 minutes before cooking. This is for medium rare, so increase or decrease the cooking time.

Ingredients

1kg eye fillet, trimmed,

Olive oil

Sea salt & black pepper

Method

1. Preheat the BBQ using the grill plate on high. You want it to sizzle when you put the meat on!
2. Brush the eye fillet with a little olive oil and season with salt and pepper generously.
3. Sear on each side for 2 - 3 minutes until a nice "crust" forms.
4. Reduce the heat to low; turn off any central burners if applicable. Ensure the meat is in the middle of the grill, but away from direct heat.
4. Close the lid (or cover with a heatproof dish to create one) for 20 minutes; turning after 10 minutes.
5. Remove and wrap tightly in alfoil for 10 minutes before slicing to serve.



Notes & Serving Suggestions

- When you buy the eye fillet ask your butcher to string it if necessary so that it is as much the same thickness all the way through as possible.
- For a bit of extra flavour, you can brush the eye fillet with mustard in place of olive oil.
- Reserve the juice and add to a beef gravy. Make sure you heat it through and whisk it well.
- Leftover roast eye fillet can be used to make roast beef & gravy rolls.

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