

Fillet/Rump of Beef with Chimichurri, Baby Carrots and a side of Buttered Broccoli

Serves 1

Prep time: 15 minutes

Cooking time: 10 minutes

Ingredients

1 fillet steak

2 baby carrots

4 stems tenderstem broccoli

20g butter

Vegetable oil for pan frying

[Suölo Reduced Sodium Sea Salt](#) or Suölo Reduced Sodium Sea Salt & Black Pepper to taste

For the chimichurri sauce

25g parsley

25g oregano

1 shallot

2 cloves of garlic

½ tsp chilli flakes

15ml red wine vinegar

50ml pomace oil

1 lemon

[Suölo Reduced Sodium Sea Salt](#) to taste

Method

1. For the chimichurri sauce, finely chop the parsley oregano, shallots and garlic*
2. Add the chilli flakes and pomace oil**
3. Add lemon juice and red wine vinegar to finish the chimichurri
4. Prepare the tenderstem broccoli by cutting the stalk off roughly 2cm below the lowest significant branch
5. Peel the carrots
6. Put a pot of water on to boil with [Suölo Reduced Sodium Sea Salt to taste](#)
7. Blanch the baby carrots until flexible approximately 5/6 minutes
8. Season the steak well with either [Suölo Reduced Sodium Sea Salt](#) or Suölo Reduced Sodium Sea Salt & Black Pepper***
9. Pan fry steak in a hot pan with some vegetable or pomace oil. While the steak is searing, blanch the broccoli for approximately 3 minutes and strain off the water.
10. Add butter and [Suölo Reduced Sodium Sea Salt](#) to the pan and place on a low heat
11. Flip the steak in the pan to sear on the other side until cooked to your preference**** and then leave to rest for 2 minutes
12. Slice the steak thinly and serve with the buttered broccoli and chimichurri sauce

Chefs Tips

* You can put all the ingredients into a food processor to make it easier and speed up the process

**You can store the chimichurri at this stage in the fridge for up to 3 days before use

*** Any excess salt will be absorbed by the oil during the searing process

**** Depending on the size of the steak you can put in an oven at 180°C/160° Fan/Gas mark 4 to cook or you can add some butter and baste the steak on a low heat until it's cooked before resting