



food  
network

## Beef Swellington

READY IN



75 min.

SERVINGS



4

CALORIES



817 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons butter
- 1 eggs
- 1 sprig thyme leaves fresh chopped
- 1 clove garlic minced
- 0.5 cup heavy cream
- 4 servings kosher salt and pepper black freshly ground
- 1.5 pounds mushrooms sliced (recommended: shiitake, oyster, cremini)
- 0.5 cup mustard english (recommended: Colman's Mustard)
- 2 teaspoons mustard english (recommended: Colman's Mustard)

- 1 tablespoon olive oil
- 2 tablespoons olive oil
- 1 sheet puff pastry thawed
- 1 rib-eye steak bone-in thick ( 2-inches )
- 4 servings salt and pepper black freshly ground

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- grill
- cutting board

## Directions

- Season beef with salt and pepper and set aside.
- Unfold puff pastry and evenly brush 1 sheet with mustard, covering entire surface. Fold over and cut into 4 equal pieces. Press the pastry edges with tines of a fork to seal and cut 3 small slits halfway deep in the center of each pastry rectangle to allow steam to escape when it cooks. Set pastry rectangles on a baking sheet lined with parchment. In a small bowl whisk egg with 1 teaspoon water.
- Brush pastry rectangle with egg wash and bake 25 minutes, until golden and cooked through.
- Brush beef with oil. Season with salt and pepper and grill until it's nicely caramelized, turning only once, approximately 3 minutes each side.
- Transfer beef to a sheet pan and place in the preheated oven. Roast until medium-rare, another 10 to 12 minutes.
- Remove beef from the oven and place on a cutting board.
- Let meat rest 10 minutes before slicing. To serve, place a puff pastry rectangle on each serving plate.

- Drizzle with
- Sauteed Wild Mushroom Sauce and top with beef slices.
- Heat a saute pan to medium heat.
- Add butter and olive oil.
- Add garlic and thyme leaves and saute for 3 minutes.
- Add mushrooms, salt and pepper, saute until golden and tender, about 10 minutes. Cook in batches, if necessary, so that the mushrooms don't steam. Return all mushrooms to pan, if working in batches.
- Add heavy cream and mustard and simmer 5 minutes, stirring occasionally.
- Serve immediately.

## Nutrition Facts

**PROTEIN 12.35%**

**FAT 69.02%**

**CARBS 18.63%**

### Properties

Glycemic Index:69.25, Glycemic Load:16.29, Inflammation Score:-7, Nutrition Score:24.231304438218%

### Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 816.73kcal (40.84%), Fat: 63.73g (98.05%), Saturated Fat: 22.01g (137.55%), Carbohydrates: 38.7g (12.9%), Net Carbohydrates: 35.98g (13.08%), Sugar: 8.91g (9.9%), Cholesterol: 124.05mg (41.35%), Sodium: 2985.71mg (129.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.3%), Selenium: 48.88µg (69.83%), Vitamin B2: 1.1mg (64.89%), Vitamin B3: 11.5mg (57.51%), Copper: 0.67mg (33.61%), Phosphorus: 306.84mg (30.68%), Vitamin B1: 0.44mg (29.59%), Zinc: 4.34mg (28.95%), Vitamin B5: 2.81mg (28.07%), Vitamin B6: 0.46mg (22.76%), Potassium: 782.11mg (22.35%), Folate: 85.13µg (21.28%), Manganese: 0.42mg (21.23%), Iron: 3.75mg (20.83%), Vitamin B12: 1.16µg (19.39%), Vitamin K: 18.84µg (17.95%), Vitamin E: 2.41mg (16.09%), Vitamin A: 693.78IU (13.88%), Fiber: 2.72g (10.88%), Magnesium: 41.45mg (10.36%), Vitamin D: 1.09µg (7.28%), Vitamin C: 4.38mg (5.31%), Calcium: 46.02mg (4.6%)