



## Beef Wellington with spinach & bacon

READY IN



80 min.

SERVINGS



6

CALORIES



795 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 800 g frangelico
- ☐ 1 large knob butter
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 500 g pkt spinach
- ☐ 12 slices bacon smoked thin
- ☐ 500 g puff pastry
- ☐ 2 egg yolk
- ☐ 1 knob butter
- ☐ 1 shallots finely chopped

- ☐ 6 servings thyme leaves
- ☐ 1 bay leaves
- ☐ 1 tbsp flour plain
- ☐ 1 glass red wine
- ☐ 1 beef bouillon cubes

## Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ baking pan
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ rolling pin
- ☐ tongs
- ☐ colander

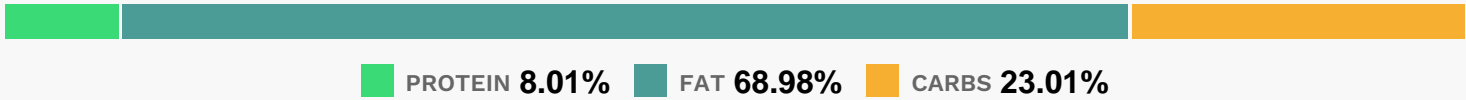
## Directions

- ☐ Pat the beef fillet with kitchen paper to remove any blood, then season.
- ☐ Heat the butter and oil in a large frying pan until very hot, then sear and turn the fillet with tongs for 8-10 mins until its well browned on all sides hold it up to sear both ends, too. Set the beef aside on a tray to catch any juices. Take the pan off the heat, but dont clean it.
- ☐ Tip the spinach into a colander and pour over a kettle of boiling water to wilt it, then pour over cold water to cool it down. Squeeze the spinach as hard as you can to extract as much liquid as possible, then set aside.
- ☐ Lay a large sheet of cling film on your work surface. Overlap the pancetta or bacon on it in a row, then cover with another sheet of cling film. Use a rolling pin to roll it out to a thin layer.
- ☐ Remove the top sheet of cling film and scatter the spinach over the pancetta. Replace the cling film and roll again. Carefully peel away the top layer of cling film again, and sit the beef

on top. Using the edge of the cling film, lift and roll the pancetta and spinach to encase the beef and roll everything into a tight sausage. For best results, place in the freezer for 30 mins to firm up do not leave for longer or cooking times will be affected.

- ☐
- On a lightly floured surface, roll the pastry to a rectangle a little larger than your Good Food magazine. Trim the edges to neaten, then lightly brush the pastry with egg yolk. Carefully unwrap the beef parcel and lay in the middle of the pastry. Fold the shorter edges over the beef, then roll the whole thing around the fillet to encase. For a really neat finish, get another clean sheet of cling film and roll the Wellington into a tight sausage again. Chill for at least 30 mins, or up to 1 day.
- ☐
- Heat oven to 220C/200C fan/gas 7 and put a lightly oiled baking tray in it. Unwrap the Wellington, brush with egg yolk, then use the back of a knife to score a neat criss-cross or checkerboard pattern all over it.
- ☐
- Sprinkle with flaky sea salt and transfer, sealed-side down, to the hot baking tray. Roast for 10 mins, then reduce the oven to 200C/180C fan/gas 6 and continue to cook for 25 mins for rare meat, 30 mins for medium rare, 35 mins for medium, and about 45 mins for well done, making sure the pastry doesnt burn (cover it with foil if it starts to darken).
- ☐
- Remove from the oven and immediately brush with more egg yolk. Leave to rest for 10 mins.
- ☐
- To make the gravy, heat the butter in the beef pan. Fry the shallot, thyme and bay leaf, scraping the crispy bits off the pan with a wooden spoon. Scatter over the flour and brown, then add the red wine and boil to a purple paste.
- ☐
- Add the beef stock cube and any juice from the resting beef, and simmer for 5 mins. Pass through a sieve into a pan and season to taste. Use a sharp knife to carve the Wellington into 6 thick slices and serve with the gravy on the side.

## Nutrition Facts



## Properties

Glycemic Index:58.83, Glycemic Load:21.79, Inflammation Score:-10, Nutrition Score:30.142608621846%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Petunidin: 0.78mg, Petunidin: 0.78mg, Petunidin: 0.78mg, Petunidin: 0.78mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 5.44mg, Malvidin: 5.44mg, Malvidin: 5.44mg, Malvidin: 5.44mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Catechin: 2.81mg, Catechin: 2.81mg, Catechin: 2.81mg, Catechin: 2.81mg

2.81mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg  
Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Hesperetin: 0.25mg,  
Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin:  
0.7mg, Naringenin: 0.7mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin:  
1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg,  
Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 5.35mg, Kaempferol: 5.35mg, Kaempferol: 5.35mg,  
Kaempferol: 5.35mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin:  
3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg,  
Galocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 795.13kcal (39.76%), Fat: 59.2g (91.08%), Saturated Fat: 18.36g (114.75%), Carbohydrates: 44.44g (14.81%),  
Net Carbohydrates: 41.04g (14.92%), Sugar: 1.68g (1.86%), Cholesterol: 108.92mg (36.31%), Sodium: 774.7mg  
(33.68%), Alcohol: 4.17g (100%), Alcohol %: 1.3% (100%), Protein: 15.47g (30.93%), Vitamin K: 416.77µg (396.92%),  
Vitamin A: 8142.23IU (162.84%), Manganese: 1.26mg (62.8%), Folate: 240.43µg (60.11%), Selenium: 34.01µg  
(48.59%), Vitamin B1: 0.55mg (36.34%), Vitamin C: 25.36mg (30.74%), Vitamin B3: 6.06mg (30.31%), Iron: 5.22mg  
(29.02%), Vitamin B2: 0.49mg (28.74%), Vitamin E: 3.61mg (24.06%), Magnesium: 92.71mg (23.18%), Potassium:  
685.25mg (19.58%), Phosphorus: 194.75mg (19.47%), Vitamin B6: 0.36mg (18.03%), Fiber: 3.39g (13.58%), Copper:  
0.24mg (12.09%), Calcium: 111.92mg (11.19%), Zinc: 1.65mg (10.98%), Vitamin B12: 0.36µg (5.93%), Vitamin B5:  
0.52mg (5.21%), Vitamin D: 0.5µg (3.33%)