



Blue Cheese and Cress Beef Wellingtons with Broiled Tomatoes, Parsley-Dill Potatoes and Broccoli Spears

READY IN



35 min.

SERVINGS



4

CALORIES



1011 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pieces beef tenderloin thick
- 0.5 cup processed into crumbs caesar style crushed
- 1 large bundle broccolini trimmed
- 2 tablespoons butter
- 8 ounces cheese get a drier that will crumble easily blue
- 1 eggs with 1 tablespoon water beaten
- 4 servings sprinkle flour all-purpose

- 2 tablespoons optional: dill fresh finely chopped
- 4 servings olive oil extra-virgin for drizzling, plus 1 tablespoon
- 0.3 cup parsley leaves finely chopped
- 1 large sheet puff pastry frozen (recommended: Du Four)
- 4 servings salt and pepper black freshly ground
- 2 vine-ripe tomatoes halved
- 1 bundle watercress chopped
- 2 pounds baby yukon gold potatoes red halved

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- pot
- broiler
- pastry brush

Directions

- Watch how to make this recipe.
- Preheat the oven to 425 degrees F. Preheat a cast iron skillet over medium-high heat.
- Put the potatoes in a sauce pot and cover with water. Bring to a boil over medium heat, salt the water and cook the potatoes until tender.
- Meanwhile, pat the meat dry and season with salt and pepper, to taste.
- Drizzle a little oil into medium skillet and wipe it around with a folded paper towel.
- Add the beef and brown over medium heat, until it becomes a deep reddish brown, about 3 minutes. Turn the beef and brown for about 2 minutes more. Turn off the heat, then remove the meat to a plate and reserve.

- Sprinkle flour on work surface and roll out dough a little, then cut into 4 pieces. Pile a little watercress on each piece of dough, top with crumbles of cheese and some meat. Wrap the dough around the filling and cut a small vent in the top of each parcel. Cover a baking sheet with parchment, arrange the parcels on the baking sheet and brush them with the egg wash, using a pastry brush.
- Bake until deep golden, about 12 minutes.
- Remove the baking sheet from the oven and let the parcels rest.
- While the parcels bake, bring a couple of inches of water, in a deep-sided skillet, to a boil over medium heat for the broccolini.
- Put the broiler on high.
- Arrange the tomatoes on small baking sheet and season them with salt and pepper, to taste. Toss the crouton crumbs with half of the parsley in a small bowl.
- Sprinkle the crumbs on the tomatoes and drizzle with a tablespoon of extra-virgin olive oil. When the broiler is hot, put the tomatoes in the center of oven and broil until bubbly and the crumbs are brown, about 3 to 4 minutes.
- Salt the boiling water and add the broccolini spears. Cook for 3 to 4 minutes, then drain.
- Drain potatoes and put them back into the hot pot with the butter, the dill and the remaining parsley. Season with salt and pepper, to taste, and toss to combine.
- Serve each beef parcel on plates with a broiled tomato half, a few potatoes and a couple of spears of broccolini.

Nutrition Facts



PROTEIN 10.03% **FAT 55.95%** **CARBS 34.02%**

Properties

Glycemic Index:110.19, Glycemic Load:49.15, Inflammation Score:-9, Nutrition Score:33.963478150575%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 1010.92kcal (50.55%), Fat: 63.44g (97.6%), Saturated Fat: 22.58g (141.12%), Carbohydrates: 86.8g (28.93%), Net Carbohydrates: 79.19g (28.8%), Sugar: 4.93g (5.47%), Cholesterol: 71.75mg (23.92%), Sodium: 686.94mg (29.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.58g (51.17%), Vitamin K: 92.51µg (88.1%), Vitamin C: 58.6mg (71.03%), Selenium: 37.57µg (53.68%), Phosphorus: 475.14mg (47.51%), Calcium: 474.66mg (47.47%), Manganese: 0.92mg (45.94%), Vitamin B1: 0.66mg (43.86%), Vitamin B6: 0.79mg (39.72%), Vitamin B2: 0.61mg (35.66%), Potassium: 1242.3mg (35.49%), Folate: 139.61µg (34.9%), Vitamin B3: 6.73mg (33.67%), Vitamin A: 1604.77IU (32.1%), Fiber: 7.61g (30.45%), Iron: 4.93mg (27.4%), Magnesium: 93.89mg (23.47%), Zinc: 3.47mg (23.11%), Vitamin E: 3.34mg (22.24%), Copper: 0.42mg (21.16%), Vitamin B12: 0.66µg (11%), Vitamin B5: 1.09mg (10.93%), Vitamin D: 0.34µg (2.27%)