



Mini Beef Wellingtons

READY IN



39 min.

SERVINGS



10

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef tenderloin trimmed cut into 24 cubes (3/4 inch each)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup philadelphia cheese and herb cooking creme
- ☐ 4 button mushrooms sliced
- ☐ 1 large eggs lightly beaten
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 0.5 teaspoon rosemary fresh finely chopped
- ☐ 17.3 ounce puff pastry frozen thawed
- ☐ 10 servings sea salt

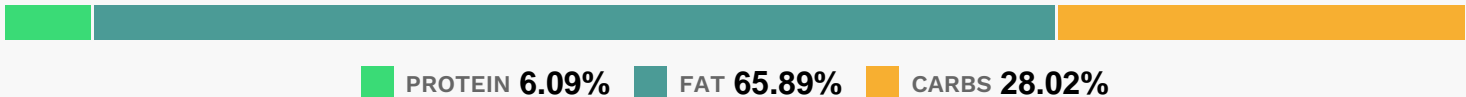
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 45
- ☐ Heat oil in a medium nonstick skillet over medium heat.
- ☐ Add mushrooms and rosemary; saut 3 minutes or until browned. Stir in pepper and 1/8 teaspoon sea salt. Set aside.
- ☐ Whisk together egg and 1 tablespoon water in a small bowl.
- ☐ Roll 1 puff pastry sheet into a 9- x 12-inch rectangle on a lightly floured work surface.
- ☐ Cut into 12 (3-inch) squares. Arrange 1 beef cube in the center of each pastry square, and sprinkle with a pinch of sea salt. Top each beef cube with about 1/2 teaspoon Boursin cheese and 1 mushroom slice.
- ☐ Brush edges of pastry squares with egg mixture. Fold dough corners over filling in the center to make a packet, pinching to seal.
- ☐ Place on a large, parchment paperlined baking sheet. Repeat with remaining ingredients, and brush all with remaining egg mixture.
- ☐ Bake 9 minutes or until pastry is puffed and golden brown.
- ☐ Let stand 5 minutes.
- ☐ Sip: Diebolt-Vallois Champagne, NV Blanc de Blanc, 100% Chardonnay (\$36): "This bubbly is rich and toasty--just right with the herbs and flaky puff pastry." --Michael Velo, bubbly expert from the Carriage House Restaurant in Chicago

Nutrition Facts



Properties

Glycemic Index:8.8, Glycemic Load:11.98, Inflammation Score:-2, Nutrition Score:5.7173913043478%

Nutrients (% of daily need)

Calories: 324.29kcal (16.21%), Fat: 23.83g (36.67%), Saturated Fat: 7.26g (45.35%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 22.01g (8%), Sugar: 0.79g (0.88%), Cholesterol: 26.76mg (8.92%), Sodium: 372.48mg (16.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Selenium: 15.49µg (22.12%), Vitamin B1: 0.2mg (13.66%), Manganese: 0.26mg (12.95%), Vitamin B2: 0.2mg (11.82%), Vitamin B3: 2.35mg (11.76%), Folate: 42.62µg (10.65%), Vitamin K: 8.84µg (8.42%), Iron: 1.39mg (7.72%), Copper: 0.1mg (5.02%), Phosphorus: 49.01mg (4.9%), Vitamin E: 0.52mg (3.47%), Fiber: 0.8g (3.19%), Zinc: 0.41mg (2.76%), Magnesium: 9.26mg (2.32%), Vitamin A: 109.45IU (2.19%), Potassium: 73.41mg (2.1%), Vitamin B5: 0.2mg (1.97%), Calcium: 14.95mg (1.49%), Vitamin B6: 0.03mg (1.39%)