



Mustard-roasted beef fillet



Gluten Free



Dairy Free



Low Fod Map

READY IN



80 min.

SERVINGS



20

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tbsp cracked pepper
- ☐ 2 tbsp vegetable oil
- ☐ 1 small pot dijon mustard
- ☐ 20 slices pancetta
- ☐ 2 x)

Equipment

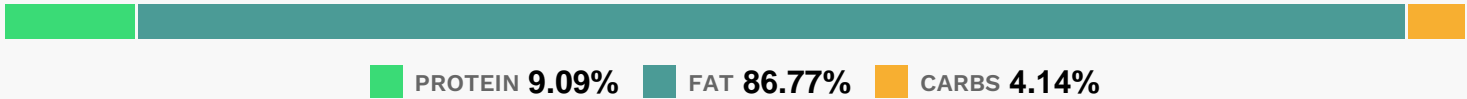
- ☐ frying pan
- ☐ oven

☐ knife

Directions

- ☐ Season the fillets generously with the cracked pepper and salt.
- ☐ Heat the oil in a large frying pan or flameproof roasting tray until starting to smoke. Then, one at a time, sear the fillets until brown on all sides about 6 mins per fillet. Leave the beef to cool slightly. Meanwhile, lay the prosciutto so that its overlapping on two large sheets of greaseproof paper.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Brush the beef all over with mustard and place on the prosciutto. Wrap the prosciutto around the beef and secure with string.
- ☐ Sit the fillets next to each other on a roasting tray and roast for 40 mins for medium or 50 mins for well done. Leave the beef to cool in the roasting tray. Dab the fillets with kitchen paper to remove any excess juices. Then either carve into thin slices and lay over two platters or place the fillets on the platters and serve with a carving knife and fork, so that guests can help themselves.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.95739129760667%

Nutrients (% of daily need)

Calories: 46.92kcal (2.35%), Fat: 4.56g (7.01%), Saturated Fat: 1.28g (8%), Carbohydrates: 0.49g (0.16%), Net Carbohydrates: 0.33g (0.12%), Sugar: 0g (0.01%), Cholesterol: 5.28mg (1.76%), Sodium: 53.63mg (2.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.15%), Manganese: 0.08mg (3.88%), Vitamin K: 3.48µg (3.32%), Selenium: 1.65µg (2.36%), Vitamin B3: 0.33mg (1.64%), Vitamin B1: 0.02mg (1.52%), Phosphorus: 12.52mg (1.25%), Vitamin B6: 0.02mg (1.15%), Vitamin E: 0.15mg (1.01%)