



Well Deserved, Well Dressed Individual Beef Wellingtons with Steamed Broccoli Spears

READY IN



32 min.

SERVINGS



4

CALORIES



638 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tournedos of beef filet mignon
- ☐ 1 large head broccoli trimmed cut into spears
- ☐ 1 tablespoon butter
- ☐ 0.5 pound button mushrooms and stems cleaned finely chopped
- ☐ 1 eggs with 1 tablespoon water beaten
- ☐ 1 tablespoon olive oil extra-virgin for drizzling
- ☐ 8 ounces mousse pate
- ☐ 1 sheet puff pastry frozen prepared

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 shallots chopped
- ☐ 2 tablespoons cooking sherry dry

Equipment

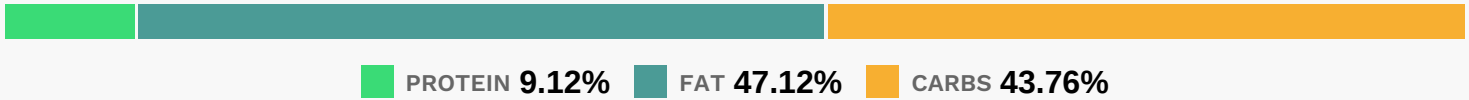
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ pastry brush

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ Heat a small skillet over medium heat.
- ☐ Add oil, butter, shallot and chopped mushrooms. Season mushrooms with salt and pepper and saute 5 minutes.
- ☐ Add sherry to the mushrooms and let the liquid evaporate.
- ☐ Remove mushrooms from the heat.
- ☐ In a nonstick skillet over high heat, sear meat 2 minutes on each side in a drizzle of oil.
- ☐ Remove skillet from the heat and season meat with salt and pepper.
- ☐ Cut mousse into 4 pieces, 2 ounces each sliced in 1/2 horizontally.
- ☐ Spread the puff pastry sheet out on to a cookie sheet covered with parchment paper. Quarter the dough with a sharp knife.
- ☐ Roll each piece of dough into a 10 by 6-inch rectangle. On each rectangle of dough, place 1/4 of the cooked mushrooms. Top mushrooms with 2 ounces pate and 1 tournedo of beef. Wrap dough up and over the meat. Seal the dough with egg wash and trim excess. Use leftover dough bits to make decorative garnishes for the tops of your Wellingtons. Turn the wrapped Wellingtons over and cover with egg wash using a pastry brush. Affix dough garnishes with egg wash. For a simple decoration, roll dough bits into a long, thin spaghetti like string and make swirls on each Wellington.

- ☐ Bake beef Wellingtons 10 minutes or until golden.
- ☐ Let stand 5 minutes, then serve.
- ☐ Steam broccoli spears in 1-inch simmering salted water, covered, for 8 to 10 minutes, or until just tender.
- ☐ Transfer spears to a serving plate or individual dinner plates along side Wellingtons.

Nutrition Facts



Properties

Glycemic Index:71.25, Glycemic Load:28.55, Inflammation Score:-9, Nutrition Score:30.96304351221%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 638.11kcal (31.91%), Fat: 33.84g (52.06%), Saturated Fat: 9.23g (57.66%), Carbohydrates: 70.7g (23.57%), Net Carbohydrates: 63.96g (23.26%), Sugar: 4.83g (5.37%), Cholesterol: 7.53mg (2.51%), Sodium: 503.33mg (21.88%), Alcohol: 0.77g (100%), Alcohol %: 0.28% (100%), Protein: 14.74g (29.47%), Vitamin C: 137.27mg (166.39%), Vitamin K: 168.91µg (160.87%), Selenium: 37.23µg (53.18%), Folate: 205.39µg (51.35%), Manganese: 0.95mg (47.72%), Vitamin B1: 0.71mg (47.25%), Vitamin B2: 0.78mg (45.66%), Vitamin B3: 7.9mg (39.52%), Iron: 4.91mg (27.26%), Fiber: 6.74g (26.96%), Phosphorus: 234.45mg (23.45%), Potassium: 768.35mg (21.95%), Vitamin A: 1035.83IU (20.72%), Copper: 0.39mg (19.49%), Vitamin B5: 1.92mg (19.18%), Vitamin B6: 0.38mg (19.03%), Magnesium: 57.68mg (14.42%), Vitamin E: 2.16mg (14.37%), Zinc: 1.56mg (10.4%), Calcium: 89.96mg (9%)