



Roadside Gourmet

the

The Roadside Gourmet

cook
book

Beef Carpaccio with Marinated Bean salad

from the roadside gourmet www.thelap.ca/roadsidegourmet

prep time

15 mins

cook time

10-15 mins

serves

8

things you need

250 grams

Green beans

1/2 pound

Filet mignon

A few sprigs

Fresh thyme

Olive Oil

1/2

Red onion finely chopped

1/2 cup

Fresh herbs (parsley, celery leaves etc)

1 tsp

Whole grain Dijon mustard

1 1/2 tbsp.

Rice wine vinegar

here's how

- 1 Bring a large pot of salted water to the boil. Drop in the beans and cook for about 5 minutes. Drain them in a colander.
- 2 To make the marinade, mix the chopped onion in a bowl with the herbs, mustard, vinegar and 4 tablespoons of extra virgin olive oil. Season with salt and pepper to taste, then add the hot cooked beans and toss.
- 3 Place the beef fillet on a chopping board and season it all over with salt and pepper. Run the thyme sprigs under hot water for a few seconds – this will help to release their fragrant oils. Strip the leaves from the stalks and chop them up roughly. Sprinkle the thyme over the fillet, then roll the meat around the chopping board so that any excess seasoning and herbs stick to it.
- 4 Get a heavy frying pan very hot and add a splash of oil, followed by the beef fillet. Fry for 1 minute only, turning it every few seconds to sear and encrust all the flavourings on to it. Take the meat out of the frying pan and put it on to a plate to rest for a minute.
- 5 Slice the seared fillet with a sharp knife. Lay each slice on a board and flatten as much as you can by pressing down on them with the side of a chopping knife – it works a treat. Lay two or three slices out flat on each plate. Season again lightly and place a pile of beans on top, spooning over some of the marinade. Sprinkle over any leftover herb leaves and drizzle with some good extra virgin olive oil.

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