



Roast Fillet of Beef with Green Peppercorns & Vegetables

SERVES 4

INGREDIENTS

880g piece beef fillet
Olive oil spray
3 tbs Dijon mustard
2 tbs drained green peppercorns in brine, lightly crushed
Salt and pepper, to season

1 red pepper, seeded and quartered
2 garlic cloves, crushed
Small handful thyme sprigs
1 tbs olive oil

Roast vegetables

700g mixed small vegetables, such as thin aubergine (halved), small baby marrow (halved), baby onions, mushrooms, baby fennel
150g small tomatoes on the vine

To serve

Notatoes (see recipe [here](#)) mixed with 2 tsp horseradish cream
Allowed gravy

METHOD

1. Preheat oven to 200C.
2. Spray the beef with olive oil. Heat a non stick frying pan over high heat, and sear the beef on all sides until well coloured. Remove from the pan, spread the mustard over the surface and press the peppercorns on top.
3. Place in a roasting tin and roast for 45 minutes or until cooked to your liking. Rest for 10 minutes before slicing.
4. Meanwhile place the vegetables, red pepper, garlic and thyme in an ovenproof dish, drizzle over the oil and season. Place in the oven (this can be cooked at the same time as the meat) for 20 minutes.
5. Scatter the tomatoes on top, increase the heat to 220C and bake the vegetables for a further 5-10 minutes.
6. Meanwhile place the vegetables, red pepper, garlic and thyme in an ovenproof dish, drizzle over the oil and season. Place in the oven (this can be cooked at the same time as the meat) for 20 minutes.
7. Scatter the tomatoes on top, increase the heat to 220C and bake the vegetables for a further 5-10 minutes.
8. Serve with the notatoes and gravy.