



## SEARED BEEF TENDERLOIN WITH ROCKET & PARMESAN SALAD

- 600g** Whole beef tenderloin, uncut
- 3** Tbsp fresh thyme leaves
- ½** Tbsp dijon mustard
- ½** Tbsp honey
- 2** Lemons
- 200g** Rocket leaves
- 100g** Shaved parmesan (or pecorino if available)
- ½** Cup capers
- ½** Small Spanish onion, finely sliced
- Extra virgin olive oil

Combine thyme leaves with salt and pepper.

Rub a little olive oil on the beef and roll in the thyme seasoning.

In a small bowl, whisk together the Dijon mustard, honey and a splash of extra virgin olive oil with a squeeze of lemon. Season to taste.

Get the BBQ hot. Sear the beef on all sides until well browned on the flat hotplate side of the BBQ.

Set aside on some kitchen paper and allow to cool.

Arrange rocket leaves and onions on a large plate.

Using a sharp knife, slice the beef thinly and arrange slices on top of the rocket leaves and onion.

Scatter the shaved parmesan and capers over the sliced beef and drizzle with the honey dijon dressing

Serve with extra lemon wedges and crusty bread or croutons.