



## Roasted Beef Wellington

### Ingredients

- 800 g Beef fillet
- 1 tsp Ground Black Pepper
- 1 tsp dried oregano
- 1 tbsp Olive Oil
- 1 tbsp Butter
- 2 Small Onions, finely chopped
- 3 Cloves Garlic, finely chopped
- 250 g mushrooms, drained and sliced
- 2 cubes Maggi® Chicken Bouillon
- 0.25 cup water
- 1 tbsp Flour
- 200 g puff pastry
- 2 tbsp Dijon mustard
- 1 Medium Egg, slightly beaten
- 2 Mediums Tomato, diced
- 2 Mediums Cucumbers, diced
- 0.33 Head Lettuce, finely chopped
- 1 Medium Lemon juice
- 400 g Sautee vegetables

### Instruction

1. Season the beef fillet with black pepper and oregano and allow to marinate at room temperature for about 10 mins.
2. Heat olive oil in a frying pan and over medium high heat. Sear the fillet on all sides for about 10 mins (medium brown). Remove beef from pan and allow to rest.
3. Using the same pan, melt butter and start by sautéing onion until soft, add garlic, mushroom.
4. Dissolve MAGGI® Chicken Bouillon cubes in hot water and add to the pan and cook for about 10 mins or until soft.
5. Remove from heat, allow to cool slightly, transfer into a food processor, and pulse mixture into an even consistency paste.
6. Dust a work surface with flour, and roll out the puff pastry into a 5mm thickness and large enough to cover the meat completely.
7. Brush the inside of the pastry with dijon mustard and spread the onions and mushroom paste over top.
8. Place beef fillet in the center and gently fold the pastry edges over the beef, ensuring the beef is completely sealed.
9. Place on a greased oven tray, with the pastry seams down and brush the top with beaten egg.
10. Bake in a preheated oven at 180°C for 30 mins or until golden on top.
11. Serve hot with salad or steamed vegetables.

Nutrition

50 Minutes

Carbohydrates	36.4 g	6 Servings
Energy	467.81 kcal	
Fats	21.34 g	
Protein	35.2 g	