



marinated beef fillet rolled in fresh herbs

Serves 8-10 as part of a buffet

The beef can be cooked a day ahead. Roll in freshly chopped herbs just before serving.

- 1/4 cup (60ml) soy sauce
- 1 tbs honey
- 1 tbs sesame oil
- 2 garlic cloves, finely chopped
- 1 tsp grated ginger
- 2kg piece beef eye fillet (centre cut),
trimmed of all sinew
- 1 tbs sunflower oil
- 1 cup coriander leaves, chopped
- 1/2 cup parsley leaves, chopped
- 1/3 cup (80ml) sweet chilli sauce
- Shiso cress or other Asian baby
herbs*, to garnish (optional)

Combine soy sauce, honey, sesame oil, garlic and ginger in a shallow dish. Add the beef and turn to coat in soy mixture. Cover with plastic wrap and marinate in the fridge for 4 hours, turning occasionally.

Preheat oven to 190°C. Remove the beef from the dish, discarding the marinade, then pat dry with paper towel. Heat the sunflower oil in a large roasting pan over medium-high heat. Add the beef and sear on all sides. Transfer to the oven and roast for 20-25 minutes for medium-rare (or until cooked to your liking). Set aside to cool.

Just before serving, spread the chopped herbs over a large sheet of baking paper. Brush the beef with sweet chilli sauce and roll in herbs, pressing to coat. Serve thickly sliced, garnished with shiso if desired.

* From selected greengrocers.