



Seared Eye Fillet with a Caramelised Onion and Red Pepper Cabbage parcel and a Garlic Rouille

Serves 4-6

Ingredients

2 X 100g medallions eye fillet steak
1 wombok
4 large brown onions, diced
4 red capsicum, diced
3 cloves garlic, diced
80ml red wine vinegar
4 tablespoon olive oil
2 teaspoon chopped mixed fresh herbs (
2 desiree potatoes, peeled
1 head roasted garlic
150ml olive oil
Salt and freshly cracked black pepper, to taste

Making this recipe? Capture and share your meal with us on Instagram. Just hashtag #dandymarket & #TheKitchen.

This initiative is funded by the Australian Government.





Method

1. Pre-heat a grill plate and oven to 185C.
2. In a large fry pan, caramelize the onions until golden brown. Add garlic and red capsicum, reduce temperature and cook until the capsicum has softened.
3. De-glaze the pan with the red wine vinegar, add chopped fresh herbs. Reduce until vinegar has been cooked out, season and let cool.
4. Using a large pot boil potatoes in salted water until cooked through. Drain then add to food processor and purée with roasted garlic until smooth. Slowly add olive oil until smooth and creamy. Season with Salt and freshly cracked black pepper, to taste. Set aside.
5. Remove the largest leaves of wombok, lay on a board. Place the filling of onion and red capsicum, roll the filling inside the wombok leaf and place on baking tray. Brush with oil and bake 8-10 minutes, or until golden brown.
6. Using the hotplate sear off the seasoned eye fillet medallions, two minutes each side. Place on a tray in oven and bake until cooked to your liking. Rest and serve with the cabbage and rouille.

This initiative is funded by the Australian Government.

