



PREPARATION

1. Make your desired stuffing, and get the sides on the go too.

2. When the stuffing is ready, heat a splash of oil in a pan with some freshly chopped rosemary and garlic, and gently leave to sauté.

3. Flash boil the whole fillet, while still in its sealed pouch, for 45 seconds to soften it up.

4. Let it cool until it's safe to handle, cut it out of the pouch, lay it on a flat surface and add the stuffing (heat it up first). Wrap the fillet around the stuffing, tying it up with the string provided to secure it in place.

5. Add the whole thing to the sautéed rosemary and garlic and crisp on all sides. Serve immediately, with gravy or your favourite sauce, roasted veggies and drink!

ALTERNATIVELY, you could brush the whole thing with a mix of olive oil, fresh herbs (rosemary and thyme are good) and garlic, wrap it in tinfoil and put it in a pre-heated oven at 180C for about 15-20 minutes until heated through. You could also wrap it in puff pastry and make a wellington.

The fillet must not be left uncovered in the oven, or cooked for too long as it will result in tough/dry Mheat.