

## Mediterranean Roast Beef

Serves 4

### INGREDIENTS

600g beef fillet (centre cut)  
4 tbsp Baharat spice  
400g roasted aubergine puree  
(Turkish & Arab supermarket)  
**2 tbsp tahini sesame paste**  
1 lemon  
3 sprigs rosemary  
5 cloves garlic, crushed  
1/2 bunch thyme  
**2 tbsp butter**  
1 bunch coriander  
1 bunch mint  
1 pomegranate  
Capers

Butcher's twine or kitchen  
twine

### **ALLERGENS HIGHLIGHTED IN BOLD**

### PREPARATION

Use the kitchen twine to bind the beef so that it has an even thickness. Season generously with salt and pepper before you add the Baharat spice all round.

P.T.O.



## **Mediterranean Roast Beef**

### **PREPARATION**

Marinate the meat at room temperature for one hour without adding any oil. Preheat the oven to 160°C top and bottom heat. Heat 1 tablespoon oil in a frying pan and sear the meat. Add butter, rosemary, thyme and garlic and toss it well. Place the fillet on top of the herbs and garlic and bake it for 20 minutes.

Meanwhile, remove the pomegranate seeds, wash the mint and coriander and drain well. Mix the aubergine puree in a bowl with the tahini, 2-3 tablespoons of lemon juice, the zest of half a lemon and season with salt and pepper.

Remove the meat from the oven and leave to rest on a chopping board for at least 10 minutes. Spread the aubergine puree on a plate. Slice the meat and arrange on the the aubergine puree.

Garnish with coriander, mint, pomegranate and caper apples. Serve immediately.