



Mitta Valley Beef

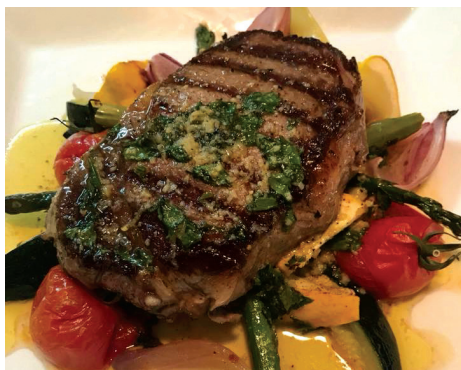
PREMIUM LOCALLY GROWN PRODUCE

Scotch Fillet (serves 2)

with lightly roasted Autumn vegetables and lemon, garlic and parsley sauce

INGREDIENTS

2 x Mitta Valley Beef scotch fillets
1 x bunch asparagus
Small or cherry tomatoes
2-3 squash
½ red onion
½ zucchini
Handful chopped parsley
1-2 cloves of Garlic
Butter
Juice and rind of half a lemon



METHOD

1. Take steak out of fridge and bring to room temperature (helps with even cooking).
2. Leave tomatoes whole, cut squash and onion into wedges, zucchini into batons and cut ends off asparagus. Put in an oven tray, season with salt and pepper - bake in 190 degree oven uncovered for 20-30 mins.
3. Fry garlic in a pan with lemon rind and good lump of butter, not too hot. Then add lemon juice and simmer for a minute or two.
4. Heat an oiled heavy based fry pan, add scotch to pan and cook to your liking.
5. Arrange vegetables on a plate, place the scotch on top, throw chopped parsley in sauce just before serving and spoon sauce over and season.
6. Enjoy!

When you buy our beef and lamb, you not only know the origins of what you are eating, you are supporting farming families, local communities, and the future of Australia's agriculture.

Our butcher partners

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