

BEEF TARTARE

Time: 15 minutes (plus 60 minutes salting)

Serves: 8

Ingredients:

400g beef tenderloin
2g kosher salt (plus salt to coat)
20g red onion - finely chopped
15g capers - drained and finely chopped
15g dijon mustard
10g flat-leaf parsley - finely chopped
10g Worcestershire sauce
1 free-run egg yolk

Preparation:

Lightly coat beef in salt and refrigerate for one hour. Rinse with cold running water and dry well.

Using a very sharp knife, finely chop beef.

Combine remaining ingredients and fold into beef using a spatula.

Plate in a disc using a ring mould if you have one. Make a small indentation in the centre and add the egg yolk.

Serve immediately.

Nutritional Information Per Serving:

Calories: 149
Fat: 6g
Carbs: 0.8g
Fibre: 0.2g
Protein: 24g