

recipe



Local service...National scale

Individual Beef Wellington

Ingredients

250 g Fresh Puff Pastry
1 Medium Egg, beaten
2 Fillet Steaks, weighing approximately 175g (6oz) each
Salt
113 g Pack Medium Coarse Mushroom Pate
Ground Pepper

SERVES	2
PREPARATION TIME	20-25 minutes
COOKING TIME	20 minutes

EACH SERVING CONTAINS

Calories:	854kcal	43% GDA
Sugar:	2g	3% GDA
Fat:	52g	75% GDA
Saturates:	20g	100% GDA
Salt:	2g	34% GDA

GDA - Guideline Daily Amount

Method

1. Pre-heat the oven. Cut the puff pastry in half on a lightly floured surface. Roll out each piece as thin as possible. From each piece, cut a rectangle measuring 20cm x 15cm (8" x 6"). Brush both rectangles with beaten egg.
2. Wipe the steaks with kitchen towel, season generously and place one on each pastry piece. Spread half the pate on top of each steak then fold the pastry to encase the steak completely. Seal the edges well and trim with a sharp knife.
3. Brush with beaten egg to glaze and place on a lightly greased baking tray. Cook at the top of the oven until the pastry is golden.