



Beef Filet with Crushed Mint Peas

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 medium filet steak
- tablespoon wholegrain mustard
- 2 small cups frozen peas (or fresh, if you want - but frozen are just as good)
- 10 fresh mint leaves, chopped
- sprinkling of thyme flowers
- salt, pepper, olive oil
- small knob of butter

Instructions

This is criminally simple to make. Crushed, minted peas make an excellent side to meat and fish. Here I've served them with a really easy, can't-bugger-up beef steak.

Makes 2 portions as a light lunch as I think it's a bit over-indulgent to eat a whole filet on your own...

1. Boil enough water to cook the peas. When at a rolling boil, put in the peas and cover (frozen peas will lower the temperature so you need to keep the heat in).
2. Heat another pan with some olive oil. Season your beef generously with salt and pepper. In the hot pan, seal the beef on all sides to lock in the juices. Lower the heat and allow to cook. Try to turn only once - **use touch to judge when the beef is done**. Perfectly cooked filet should give a little when touched but bounce right back. You'll need to experiment.
3. Whilst the beef is cooking, check on the peas - they will cook in 2 to 3 minutes

when the water is boiling. When done, drain and put back in the pan. Add the chopped mint, thyme, a glug of olive oil and the butter. Crush the peas lightly against the bottom and side of the pan with a large spoon, to make a rough "mash" - not *too* smooth though. Season with salt and pepper to taste.

4. When the beef is done, remove it from the pan and put it on a chopping board with the hot side up. Immediately spread a thin layer of wholegrain mustard on this side of the beef. The heat will melt the mustard slightly and allow the flavour to penetrate the meat. Allow the beef time to rest for about 3 minutes - this will make it easier to cut.
5. Use a cookie cutter to shape your peas into a circle on a plate. Slice the beef and arrange on top of the peas. **Serve!**