



Beef Carpaccio

Seasoned raw beef fillet served on a bed of rocket lightly season with lemon

Serves: 4

Prepare: 15 Minutes

Cook: 2 Minutes

Difficulty: easy

Ingredients

- 500g [organic beef fillet](#)
- 1 tbsp thyme leaves
- 1 tbsp black pepper
- 1 pinch of salt
- juice from half a lemon
- olive oil
- 4 handfuls of rocket
- 20g parmesan shavings

Method

1. Place the organic beef fillet in the freezer until it is half frozen
2. After this time remove the beef fillet from the freezer, on a large chopping board scatter the organic dried thyme and crushed black pepper, roll the beef fillet into the seasoning until it is thoroughly covered. Using a very sharp knife, cut the beef into very thin slices. Place each slice of beef between two sheets of greaseproof paper and gently beat with a rolling pin to thin the pieces out even more. Place the slices of beef in the fridge until ready to serve
3. Warm a griddle or skillet on the hob and dry fry the beef slices for 30 seconds on both sides. You are aiming to create a lovely crust whilst keeping the internal meat raw
4. Place the rocket in a bowl and season with a little pepper, a pinch of salt, a drizzle of olive oil and a squeeze of lemon
5. Dress your serving plates with the dressed rocket, the slices of carpaccio and finish with a scattering of parmesan shavings to serve