

## Herbed Eye Fillet



8 Ingredients, 4 serves, 10 Minutes Total Time

1 tablespoon sea salt  
1/2 cup basil (fresh, chopped)  
1 tablespoon ground black pepper  
1/2 cup flat leaf parsley (fresh, chopped)  
1/2 cup thyme (fresh, chopped)  
1/2 cup rosemary (fresh, chopped)  
1 kilogram of beef (whole beef eye fillet)  
1 tablespoon oil\*

### Instructions

- Preheat oven to 220C/ 440F.
- Rub the beef with oil and season with salt and pepper.
- Mix all of the chopped herbs together in a bowl.
- Roll the beef in the herbs until nicely covered.
- Place on an oven tray and roast for 25 minutes.
- Remove from the oven and transfer beef to a warm plate.
- Cover with foil and leave to rest for 10 minutes before carving into slices.

### Warnings

**\*\*OIL\*:** SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed

### Nutritional Information (per serving)

Calories	327
Total Fat	9g
Saturated Fat	3g
Cholesterol	138mg
Sodium	1,882mg

Total Carbohydrate	1g
Dietary Fibre	--
Sugars	--
Protein	58g
Calcium	33mg
Iron	5mg
Magnesium	61mg
Phosphorus	533mg
Potassium	881mg
Vitamin C	--
Thiamine	--
Riboflavin	--
Vitamin B6	2mg
Vitamin E	2mg