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BEEF & LAMB

BRING HOME THE FLAVORS
OF SPRING WITH THESE

TRULY AUSSOME RECIPES



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Recipes

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TIPS FOR WORRY-FREE WEEKNIGHT MEALS

- 1 **Make a plan at the start of the week** – sure, it might not go accordingly, but it saves you time and stress figuring out what to make every day.
- 2 **Shop your plan** – you’ll reduce food waste a lot by knowing ahead of time what you’re shopping for. These days, there are handy apps like AnyList that can connect your recipes with your shopping all on your mobile device.
- 3 **Look for shortcuts.** Scratch-made sauces, pastas and handmade tortillas are great, but maybe not mid-week. The store-bought versions are just fine, and your kids will love it just as much.
- 4 **Use recipes that are “hands off”** – with most of the cooking time taking place in an oven, crockpot, or otherwise not needing a lot of

attention. You can use the time to be with your family...or just kick back with a glass of wine (recommended!)

- 5 **Plan on repurposing your leftovers** - Tonight’s Aussie lamb or beef roast can become tomorrow’s sandwiches, power bowls, pot pies or tacos in a flash.
- 6 **Emergency kit!** When you are caught at the last minute, having a little ground Aussie grassfed beef or lamb on hand can be a game changer. Just add a box of pasta and jar of sauce, and away you go. Or add a can of black beans, salsa and some melty cheese over tortilla chips and presto – nachos!
- 7 **Set a day for some batch cooking** and prep. If you have the time and love to cook, some pre-work on Sunday can set you up for a week of good eating. Just like those exy meal kits, you can have all your ingredients chopped, measured, prepped and ready for instant assembly or simple reheating.

SPRING-INSPIRED FLAVOR PAIRINGS

Cuisine	Common Ingredients	Suggested Use	Recommended Cut	Cooking Method
American BBQ	Brown sugar, paprika, garlic, onion, pepper, chile	Rub	Beef	Slow Roast, Grill
Mid East	Lemon, parsley, cumin, coriander, cardamom, cumin	Rub	Lamb	Roast, Grill, Braise
Latin	Lime, chile, cumin, garlic, cinnamon, oregano, tomato	Marinade/Sauce	Beef/Lamb	Roast, Grill, Braise
Mediterranean	Olive oil, lemon, garlic, mint, oregano, rosemary, thyme, basil	Rub	Beef/Lamb	Grill, Saute
Asian	Soy sauce, sake, sugar, sesame, ginger, garlic, scallion	Marinade/Sauce	Beef	Grill, Saute

For more flavor pairing ideas, [visit simplyspringtable.com](http://simplyspringtable.com)



SERVES 4

RECIPE BY CHEF ADAM MOORE

SWEET AND SPICY LAMB CHOPS

WITH BUCKWHEAT SALAD



Watch how to perfectly brown your lamb

A simple grain salad with buckwheat, fresh herbs, summer corn and heirloom tomatoes gets much sexier with champagne vinaigrette and lamb chops glazed with honey and spicy korean gochujang, then kissed on the grill.

Ingredients

Buckwheat salad:

- 2 cups toasted buckwheat groats
- 1 cup fresh flat-leaf parsley leaves
- 1 cup red bell pepper, finely diced
- 1 cup sweet corn kernels
- 1 heirloom tomato, diced

Champagne vinaigrette:

- ¼ cup Dijon mustard
- ½ cups lemon juice
- ¼ cup apple cider vinegar
- 1 tbsp brown sugar
- ½ tsp kosher salt
- ¼ tsp black pepper
- 2 tbsp minced garlic
- ¼ tsp dried basil
- ¼ tsp dried oregano
- 2 cups canola oil

Salad garnish:

- ¼ cup pickled shallots, thinly sliced
- 1 ripe avocado, diced

Gochujang-honey glaze:

- ¼ cup gochujang red chile paste
- ¼ cup clover honey

Lamb T-bone chops:

- 2 tbsp vegetable oil
- 8 Australian lamb T-bone chops
- Kosher salt and black pepper to taste

Garnish:

- Chopped fresh chives, as needed

Method

For the salad: Cook the buckwheat as directed on the package. Drain and refrigerate until cold.

For the vinaigrette: Combine all ingredients except the oil in a food processor. Begin the processor and slowly drizzle in the oil until combined. Refrigerate until ready to use. In a large bowl, combine the chilled buckwheat with the parsley, bell pepper, corn, and tomatoes. Mix well and season with salt and pepper to taste. Toss with about ½ cup of the vinaigrette and top with the shallots and avocado.

For the gochujang-honey glaze: In a small bowl, combine both ingredients and whisk until combined. Set aside.

For the lamb T-bone chops: Preheat a large skillet over high heat and add oil. Season the lamb chops with salt and pepper. Once the oil begins to smoke, sear the chops for 2 minutes on each side. Brush each chop with 1 tablespoon of glaze and allow it to rest for 5 minutes before serving.

To serve: Place two lamb chops and ¼ cup of the buckwheat salad on the plate, garnished with fresh chopped chives.



SERVES 4

RECIPE BY CHEF ADAM MOORE

THAI-GLAZED AUSSIE LAMB LOIN CHOPS WITH SWEET CORN SLAW

Just a few authentic ingredients for the glaze on quick-grilling Aussie lamb loin chops, and a colorful, fresh and summery corn-cabbage-cucumber slaw...makes a weeknight meal spring-tastic.

Ingredients

- 8 Aussie lamb loin chops, trimmed
- 2 tbsp brown sugar
- 2 tbsp fish sauce
- 2 tbsp tamarind puree
- 2 corn cobs, husks removed
- ¼ head thinly sliced red cabbage
- 1 cucumber, halved lengthways and sliced on the diagonal
- ½ cup mint leaves
- 1 lime, juiced, plus wedges to serve
- TT, salt

Method

To prep: Place lamb loin chops on a plate or tray in a single layer. Combine brown sugar, fish sauce and tamarind in a jug and use a pastry brush to coat the lamb chops on both sides with the glaze.

To cook: Preheat a BBQ or chargrill pan and cook corn for about 15 minutes, turning occasionally, until grill marks appear. Allow to cool slightly and cut kernels off the cob. Place in a large bowl with cabbage, cucumber, mint and lime juice. Season with salt and pepper and toss to combine. Cook lamb chops on BBQ or chargrill pan for 5-6 minutes per side, then turn and cook edges until crispy. Rest for 5-10 minutes. Sprinkle with a few flakes of salt to serve.

To serve: Serve lamb with slaw and lime wedges.



SERVES 4

RECIPE BY TRUE AUSSIE BEEF & LAMB

AUSSIE LAMB MISO RAMEN NOODLES



Watch for tips on
cooking aussie lamb

Slurp! It's hard to beat a savory ramen on a brisk spring day. It's really just a quick stir-fry of Aussie lamb and veggies, dropped into a miso broth. And way better than those pre-made ramen packs.

Ingredients

- 1 ½ pounds trimmed Aussie lamb leg steaks
- 2 cups french wheat noodles
- 2 tbsp miso paste
- 2 tbsp soy sauce
- 1 tsp sunflower oil
- 4 each thinly sliced on the diagonal spring onion
- 5 oz. cut into 3 cm lengths green beans
- As needed long, red chilies (optional)
- 1 each peeled cut into batons carrot
- 7 oz. thickly sliced swiss brown mushrooms

Method

To cook: Brush Aussie lamb steaks with half the miso paste, preheat a lightly oiled chargrill pan or BBQ and chargrill Aussie lamb for 3-4 minutes per side or until cooked to your liking. Rest for 5 minutes and slice. Heat oil in a wok and stir fry beans, carrot and mushrooms until lightly colored. Add miso and 2 cups water, noodles and soy and cook for 4-5 minutes until noodles are just heated through.

To serve: Divide noodles, vegetables and soup between serving bowls. Top noodles with sliced Aussie lamb, spring onions and chili, if desired.



SERVES 4

RECIPE BY ADAM MOORE

WEEKNIGHT LAMB GYROS WITH TZATZIKI SAUCE

Be a hero and make gyros for dinner!
In 20 minutes, you can have these wraps ready to eat.

Ingredients

All purpose greek seasoning:

- 3 tbsp granulated garlic
- ½ cup dried marjoram
- ½ cup ground rosemary
- ¼ cup kosher salt
- 1 tbsp black pepper
- ¼ cup dried mint
- ¼ cup dried oregano

For the lamb:

- 1 pound of Australian grassfed leg of lamb, trimmed and cut into steaks
- 2 tbsp dried Italian herb blend (or All Purpose Greek Seasoning)
- 1 to 2 tbsp kosher salt
- 1 small sweet onion, slivered
- 2 tbsp vegetable oil

For the Tzatziki sauce:

- 1 cup of Plain Greek yogurt, drained
- 1 English cucumber, seeded, grated and drained
- 2 cloves of garlic
- 1 tsp lemon zest
- 1 tbsp lemon juice
- 2 tbsp Fresh dill, chopped
- TT Kosher salt
- TT Fresh cracked pepper
- 4 pieces pita bread

Garnish

- Thinly sliced English cucumber, as desired

Method

For the lamb: Preheat a large skillet over MEDIUM-HIGH heat. In a large bowl, combine the lamb, herb blend, salt, onion, and oil. Toss to coat. Place the meat and onion in the skillet and cook until the meat is browned on both sides and the onions are translucent, 8 to 10 minutes. Allow the meat to rest out of the pan for 5 minutes, then slice it into thin strips and toss it with the sautéed onion.

For the Tzatziki sauce: In a medium bowl, combine the yogurt, cucumber, garlic, lemon zest, lemon juice, dill, salt, and pepper. Mix well and set aside. Cover and refrigerate if making ahead.

To serve: Place one quarter of the meat inside each pita pocket, top with sliced cucumber, and garnish with tzatziki sauce.



SERVES 4

RECIPE BY ROY VILLACRUSIS

FILIPINO-STYLE LAMB SHANK STEW

This stew is a version of the festive Filipino caldereta. Often made with goat meat, Australian lamb is substituted here, along with the traditional additions of liver spread, tomatoes and olives. It's often served with a side of steamed white rice.

Ingredients

- 3 pounds cleaned Australian lamb shank
- 6 tablespoons liver spread
- 1 large carrot, peeled and diced
- 1/2 cup rice vinegar
- 1 medium russet potato, peeled and diced
- Kosher salt to taste
- 3/4 cup pitted Spanish green olives
- Black pepper to taste
- 3/4 cup sliced bell pepper
- 3 tablespoons vegetable oil
- 1 cup chopped Napa cabbage
- 1 tablespoon minced garlic
- 3/4 cup sweet green peas
- 1 medium minced onion
- 1 cup tomato sauce
- 3 medium tomatoes, diced
- 2 cups water
- 1/2 teaspoon red thai chile paste

Method

Combine the vinegar and lamb shanks in a large bowl; season with salt, and pepper. Marinate them, refrigerate for at least 1 hour, then drain off the marinade. Pour the oil in a large pot over HIGH heat. Add the lamb shank and sear until the color of the outer part turns light brown. Lower the heat to MEDIUM and add the garlic, onion and tomatoes. Put in the tomato sauce and crushed chile and cook for 2 minutes. Add the water and bring it to a boil. Reduce the heat and simmer for at least 45 minutes, or until the meat is tender. Stir in the liver spread and cook for 5 minutes (you may add water if the sauce seems too thick). Put in the potato and carrot, then simmer for 8 minutes. Add the olives and bell pepper and simmer for another 5 minutes. Add the Napa cabbage and simmer for 2 minutes. Add the green peas. Season with salt and pepper and stir. Serve immediately.



SERVES 4

RECIPE BY DAVID OLSON

MOROCCAN LAMB SHANK TAGINE



Watch how to make
lamb stock

The Tagine is the prince of dishes from North Africa; redolent with spices, it's showy, aromatic and delicious with Aussie lamb shanks. Best of all, you can get a lot done (or kick up your heels) during the long, slow cook in the oven.

Ingredients

- 4-6 Australian grassfed lamb shanks, frenched and trimmed
- Olive oil
- Kosher salt and fresh ground peppercorn, to taste
- 3 cups lamb stock
- 1 cup dried apricots, chopped
- ½ cup golden raisins
- 2 medium red onions, thinly sliced
- 4-6 cloves garlic, minced
- 1 small piece of ginger root, peeled and minced
- 2-3 tbsp Ras el Hanout
- 1 tsp cumin
- ½ tsp cayenne pepper
- 1 tbsp tomato paste
- 15 oz can peeled and chopped (or diced) tomatoes, drained
- 1 lb butternut squash, ½"-¾" cubes
- 1 tbsp honey
- ½ cup cilantro, loosely packed
- 2 tbsp unsalted butter
- 1 cinnamon stick
- 1 cup hazelnuts, roughly chopped
- Kosher salt, to taste
- Mint, to garnish

Method

Either the night before or 4 hours before cooking, season lamb liberally with olive oil, salt and pepper, and refrigerate. In a saucepan over medium-high heat, bring lamb stock to a boil, remove from heat, add apricots and raisins. Set aside to cool and steep.

Remove lamb from refrigeration 1 hour prior to cooking and rest on counter to bring near room temperature. In a Dutch oven over medium-high heat, warm olive oil and work lamb shanks in batches to brown on all sides. Remove lamb from heat and set aside to rest under tin foil tent.

In same Dutch oven, add onion and sauté until just golden and fragrant. Add garlic, seasonings, paste and chopped tomatoes, squash, honey, cilantro, stock and steeped fruits, along with browned lamb shanks. Fold all ingredients together until well-combined. Seal with tin foil, then top with lid before placing inside a 350°-400°F oven for 2-2½ hours, or until the lamb is cooked through and fall-from-the-bone tender.

Meanwhile, prepare couscous (recipe below) and over a separate burner, warm 2 tbsp butter in a sauté pan with cinnamon stick. Toss chopped hazelnuts into butter, season to taste with salt and sauté until golden. Set aside to cool.

To plate, spoon orange-zested couscous onto plate. Top with lamb shank, then spoon aromatics and sauce over the plated shank. Garnish with sautéed hazelnuts and leaves of mint. Serve.



SERVES 4

RECIPE BY TRUE AUSSIE BEEF & LAMB

HERB-CRUSTED AUSSIE LAMB CUTLETS WITH RED CABBAGE AND GREEN APPLE SLAW

This one looks gorgeous on the 'gram, and comes together in a flash. Quick-cooking Aussie lamb chops are done in the oven while you whip up a tasty honey-lemon dressing for the salad. Delish!

Ingredients

For herb crusted lamb cutlets:

- 12 each frenched, fat trimmed Aussie Lamb cutlets
- 2 tablespoons roughly chopped flat leaf parsley
- 2 tablespoons roughly chopped oregano
- ¼ cup finely grated parmesan cheese
- ½ cup breadcrumbs

For salad:

- 2 tbsp lemon juice
- 2 tbsp honey
- 2 tbsp extra virgin olive oil
- 2 cups shredded red cabbage
- 2 each cored, thinly sliced green apples
- ½ cup mint leaves
- ½ cup dill sprigs

Method

For herb crust: To make herb crust, place herbs parmesan and breadcrumbs in a small bowl, and toss to combine.

To cook: Preheat a grill to HIGH. Scatter herb crust evenly over Aussie lamb cutlets and place on a large oven tray. Grill on middle shelf for 15 minutes or until cooked to your liking. Rest, covered loosely with foil, for 5 minutes before serving.

For the salad: Meanwhile, to make the salad, whisk juice, honey and oil in a large bowl until combined. Add cabbage, apples and herbs and toss to combine.

To serve: To serve, divide salad among four plates and top with cutlets.

Chef tips

Find more delicious crumb ideas here.



SERVES 4

RECIPE BY ADAM MOORE

EASY LAMB FETTUCCINE

Dinner couldn't be easier when you have leftover cooked Aussie lamb on hand. Simply boil some noodles and make a quick creamy Alfredo sauce.

Ingredients

1 lb dried fettuccine noodles

Alfredo sauce:

- 1 qt heavy cream
- 1 tbsp minced garlic
- $\frac{3}{4}$ cup cream cheese
- 2 cups shredded Parmesan cheese
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon black pepper
- 1 lb cooked, shredded Australian lamb

Garnish:

- 10 roughly chopped fresh basil leaves

Method

For the noodles: Cook the fettuccine according to package directions. Drain and set aside.

For the alfredo sauce: In a large saucepan over medium heat, combine the cream and garlic and bring to a simmer. Add the cream cheese, Parmesan, salt and pepper. Whisk well until the cheese is melted and fully incorporated.

To serve: Toss the cooked pasta with the alfredo sauce and shredded lamb. Divide portions between plates or bowls and top with the chopped basil. Serve immediately.

Chef tips

Learn how to thaw and reheat lamb for delicious results.



SERVES 4

RECIPE BY TRUE AUSSIE BEEF & LAMB

WILD OREGANO ROAST BEEF



Watch how to cook the perfect roast

A simple herb and garlic rub lets the natural flavor of the Aussie grassfed beef shine. Cutting a bit of the mix into the roast amps up the flavor, and makes you look fancy. And leftovers are great for sandwiches!

Ingredients

- 1 Australian beef tenderloin roast, visible fat trimmed
- 3 cloves garlic, peeled and crushed
- 2 tbsp chopped fresh oregano
- 3.5 oz olive oil
- 12 small new potatoes
- Zest of 1 lemon, grated
- Roasted tomatoes and asparagus to serve

Method

Preheat oven to 400°F (200°C). Combine garlic, lemon and oregano. Make a slit lengthwise in the roast, and rub in the garlic mix. Rub any remaining mix over the outside of the beef. Cover with the oil and marinate at least half an hour, longer if you have time.

Place beef on a rack in a roasting tray and place potatoes in a separate tray. Cook, checking after 30 minutes. When cooked to preference, take the meat from the oven, cover with foil and let rest at least 15 minutes.

While the roast rests, place tomatoes and asparagus in the oven for 10-15 minutes.

Slice beef and serve with potatoes and roasted tomatoes and asparagus.

Chef tips

Refrigerate leftover beef, wrapped in foil and plastic. Slice thinly for sandwiches. Never leave leftovers in the oven overnight.



SERVES 4

RECIPE BY RENATE DEGEORGE

HOT SRIRACHA GRASSFED BEEF SANDWICH



Watch how to slow cook grassfed beef

Sriracha adds a little spicy kick to this low and slow Aussie grassfed roast beef sandwich (or as we like to say in Australia, “sanger”).

Ingredients

Roast and Jus:

- 1 to 1 ½ pounds Australian grassfed beef round, cut into a roast
- ½ tsp garlic powder
- ½ tsp fine kosher salt
- ½ tsp dried oregano
- ¼ tsp black pepper
- 1 ½ tsp sriracha sauce
- 1 bay leaf each
- ¼ cup beef broth or stock, low sodium

Bread:

- Two 12- to 14 inch baguettes, each cut crosswise in two pieces
- ¼ tsp fine kosher salt
- 4 grinds of black pepper
- 2 tbsps butter or olive oil

For the garnish:

- 1 medium julienned red bell pepper
- TT fine kosher salt
- TT black pepper
- ½ tsp olive oil

Toppings (optional):

- Oven-roasted tomatoes as needed
- Roasted garlic cloves as needed

Method

For the roast: Rub the meat with the garlic powder, salt, oregano, and pepper. Place it in a Crock-Pot with the bay leaf, Sriracha, and stock. Set on LOW for about 8 hours, or until the meat is tender. Remove the roast from the pot. Strain the juices through a fine-mesh strainer or cheesecloth and keep them warm for dipping.

For the bread: Slice each bread piece lengthwise. Spread the cut sides with butter and grill or toast the bread. Sprinkle it with salt and pepper.

For the garnish: Preheat a grill to MEDIUM heat. Toss the red bell pepper in oil and season with salt and pepper. Grill the peppers in a grill basket or sauté them over medium heat until soft.

To serve: Cut the roast into slices. Divide evenly between rolls. Layer the red peppers on the bottom pieces of bread, then top each with about 5 ounces of meat, and the top grilled bread pieces. Serve with the hot jus on the side for dipping.



SERVES 4

RECIPE BY ADAM MOORE

GRASSFED BEEF BOWL-ITO WITH CILANTRO RICE

Never heard of a burrito from Down Under? Aussies like theirs in a bowl with diced grassfed beef and all the toppings. It's a meatier version for your mates!

Ingredients

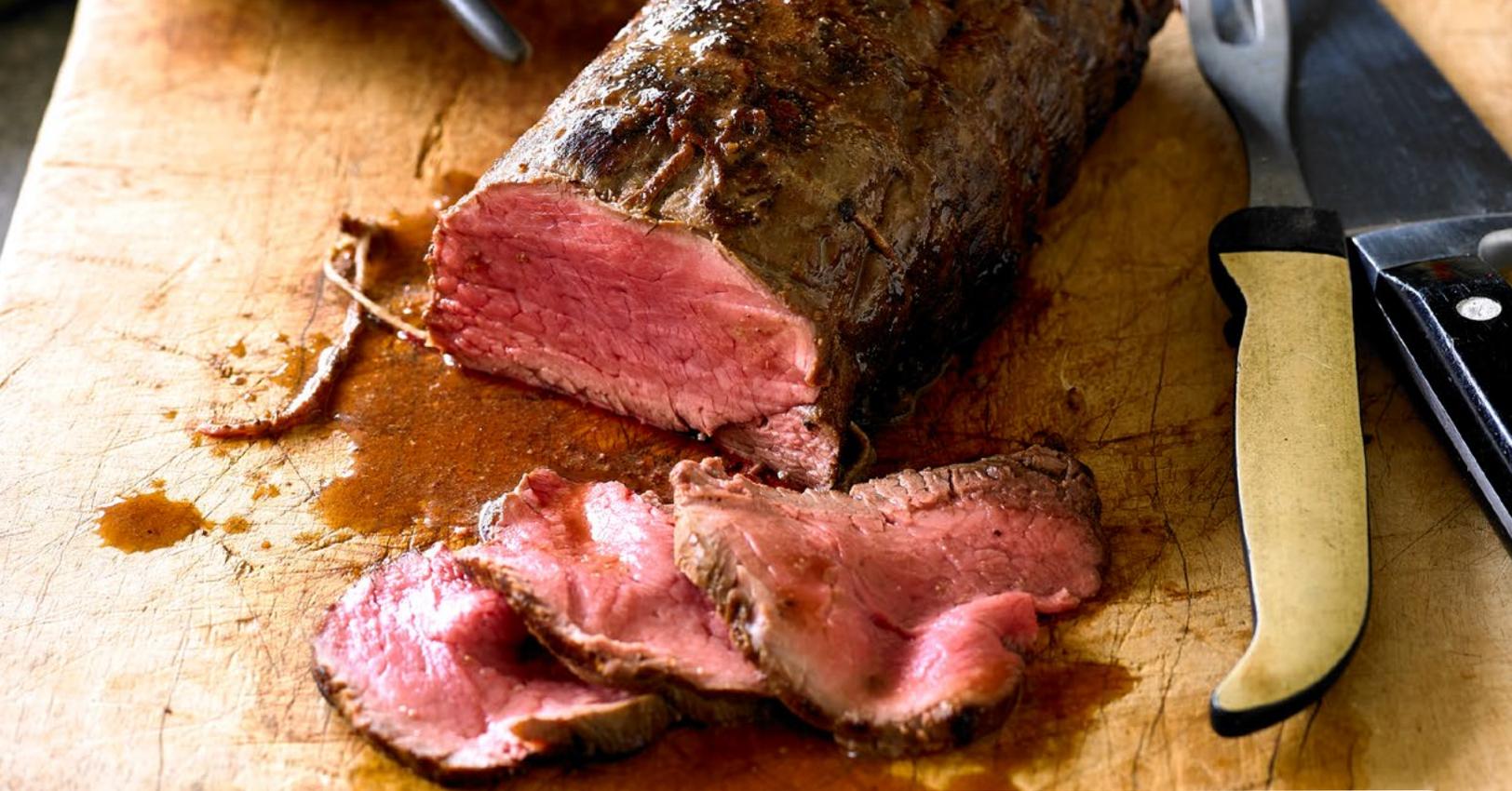
- 2 tbsp vegetable oil
- 1 lb Australian grassfed beef top round, small dice (no larger than ½" by ½")
- 1 packet (1 oz) taco seasoning
- 2 cups cooked white rice, hot
- ½ cup chopped fresh cilantro leaves
- ½ tsp kosher salt
- ¼ tsp black pepper
- 1 cup chunky salsa
- 1 cup canned reduced-sodium black beans, drained
- 1 ripe avocado, diced
- 4 tbsp reduced-fat sour cream
- 1 tsp ground cumin
- 4 tsp thinly sliced scallion

Method

For the beef: Preheat a large skillet over high heat and add the oil. Once the oil begins to smoke, add the beef to the pan and quickly sear for about 1 minute. Next, add the taco seasoning and cook for a few more minutes, being careful not to overcook the meat, 3 to 4 minutes. Remove from heat and reserve the meat until ready to use.

For the cilantro rice: In a large bowl, combine the cooked rice with the fresh cilantro; season with salt and pepper.

To serve: For each serving, place ½ cup of the cilantro rice in the bottom of a large bowl and top with one-quarter (4 oz.) of the diced beef, ¼ cup salsa, ¼ cup black beans, one-quarter of the avocado, 1 tbsp sour cream, ¼ tsp cumin, and 1 tsp scallion. Serve immediately.



SERVES 4

RECIPE BY TRUE AUSSIE BEEF & LAMB

INDONESIAN-STYLE AUSSIE BEEF WITH GADO GADO SALAD

Your foodie word of the day: Gado-Gado! It's a street-food dish from Indonesia, featuring a variety of veggies, quick-seared protein like Aussie grassfed beef, and always a spicy peanut dressing.

Ingredients

For the sauce:

- 1.3 pounds Aussie grassfed beef tenderloin
- 4 oz. coconut cream
- 1 tbsp kecap manis (sweet soy sauce)
- 2 each crushed garlic cloves
- 1 tbsp lime juice
- 1/3 cup crunchy peanut butter

For the salad:

- 1 each sliced red bell pepper
- 2 each cucumbers, cut into batons
- 2 each carrots, cut into batons
- 5 oz. 5cm lengths, blanched green beans

To serve:

- Steamed himalayan red rice

Method

Before cooking: Place tenderloin on a plate and truss with cooking string at 2 cm intervals.

For the sauce: Place coconut cream, kecap manis and garlic in a small saucepan and bring to the boil, simmer for 5 minutes until slightly thickened. Add lemon juice and mix to combine. Spoon half the sauce over the beef and use a brush to coat the beef with the sauce.

Mix peanut butter into the remaining sauce in the pan and reserve for gado gado salad.

To cook: Preheat a lightly oiled flat BBQ plate or non-stick frying pan to medium high heat and sear beef on all sides for 5 minutes or until browned.

Preheat oven to 400°F / 200°C (180°C fan-forced) and cook in the oven for 20 to 25 minutes or until cooked to your liking. Rest for 10 minutes, then slice.

To serve: Serve with gado gado salad, peanut sauce and rice.



SERVES 6-10

RECIPE BY ALEX ESPINOZA

MUSTARD GLAZED BEEF TENDERLOIN WITH PEACH AND ARUGULA BRUSCHETTA



Watch Chef Alex
in action

This is party food with heaps of spring flavor. First-of-the-season peaches get a flavor boost on the stove, paired with peppery arugula and thinly-sliced, seared Aussie grassfed beef...all atop a crunchy toast.

Ingredients

- 1½ lbs Australian Beef Tenderloin
- 4 tbsp ground Dijon mustard
- 2 tbsp brown sugar
- 1 tbsp fresh chopped thyme
- ½ tbsp chopped shallots
- 1 tbsp honey
- Salt and pepper
- ½ lb arugula
- 2 large yellow peaches
- 1 whole French baguette (or your preference), sliced
- 4 tbsp olive oil

Method

Preheat oven to 350°.

Remove silver skin on tenderloin. Season with salt and pepper. Add oil to a sauté pan and preheat to medium. Sear beef tenderloin, rotate every minute until golden brown all the way around. Place in oven for 10 min or until desired temperature is reached.

In a small saucepan over medium heat, drizzle olive oil and sauté shallots for 30 seconds. Add mustard, brown sugar, honey, thyme, salt and pepper. Mix until brown sugar is dissolved. Remove from heat.

Take tenderloin out of oven and let it rest for 5-10 minutes, brushing tenderloin with glaze (reserve 2 tablespoons).

Slice baguette bread into ½"-1" slices. Cut peaches into halves. Coat a small sauté pan with olive oil and heat to medium high. Place peaches cut-side down and bread slices inside pan. Sauté until peaches are golden brown and bread slices are crispy outside and soft in the center. Remove from heat.

To serve: Slice halved peaches into wedges. Place a peach wedge on top of slice of bread, place a small bunch of arugula on top, add salt and pepper to taste. Slice tenderloin into a thin slice and place on top of arugula. Drizzle with mustard glaze.

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