

## Seared Beef Carpaccio



### Ingredients:

2½ lbs Beef Fillet/Tenderloin  
3½ tsp Olive Oil  
3½ tbsp cracked black Pepper  
1½ tsp Salt  
3½ cups Arugula  
½ cup shaved Parmesan  
3½ tbsp EVO oil

### Directions:

Trim any fat or sinew from the beef.  
On a small plate, mix together the salt and pepper.  
Put your frying pan on to preheat, you want this smoking hot.  
Rub the steak with the olive oil and push lightly into the pepper and salt mix.  
You are aiming for a light covering all over the beef.  
Sear your beef on all sides.  
It needs no more than 30 seconds on each side.  
Remove from the pan and leave to cool.  
(At this point the beef can be refrigerated until needed).  
Using your sharpest knife cut the steak into thin thin disks.  
Scatter over the arugula, shaved parmesan, then drizzle with EVO oil.