

taste it, **love it**



A delicious SPARTA Beef **Recipe**

**Beef fillet stuffed with bone marrow on a bed of gnocchi, mushrooms and chorizo sausage (serves 1)**

**Ingredients**

- 250 g Beef fillet
- 30 g Bone marrow
- 100 g Gnocchi
- 50 g Chorizo, sliced
- 30 ml Sage, chopped
- 10 g Garlic, chopped
- 100 g Mushrooms, sliced in halves
- Salt and pepper to taste
- 10 g Butter
- 10 ml Meat Rub
- 5 ml Olive oil
- 50 g Onions, slice
- 20 ml Parmesan cheese, grated

**Meat Rub**

- 1 Bunch rosemary
- 60 g Garlic, chopped
- 10 ml Cumin
- 30 ml Coarse salt
- 50 ml Olive oil
- 10 ml Black pepper
- 1 Bunch chives
- 4 Pieces lemon zest
- 10 ml Paprika

Crush all ingredients together in a pestle and mortar to form a paste.

**Preparation**

1. Preheat oven to 200 °C. Put the bone marrow in a greased roasting pan and place in the oven for 15 min.
2. Make an incision in the length of the beef fillet and stuff with the cooked bone marrow. Rub with Meat Rub.
3. Cook the gnocchi in boiling water and keep aside.
4. In a pan, fry the mushrooms, gnocchi, garlic, chorizo and sage in butter and season to taste with salt and pepper.
5. In a separate pan, heat 10 ml olive oil and 10 ml butter and fry the sliced onions on low heat until golden brown.
6. Put the fillet on a hot grill / griddle pan and cook for ± 6 min per side to serve medium rare.
7. For the dishing up, line the plate with the gnocchi mixture and sprinkle with parmesan cheese. Place the fillet on top and finish off with the caramelised onions.

*Bone marrow optional*

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**De Stijl** (Gariep) \_\_\_\_\_ 051 754 0060  
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SPARTA Beef is available at the following outlets:

**Bloemfontein**  
 Langenhoven Park Pick n Pay \_\_\_\_\_ 051 446 4108  
 Preller Plein Spar \_\_\_\_\_ 051 436 1870  
 Van Vuuren Wors \_\_\_\_\_ 051 430 7239

**Welkom**  
 SPARTA Mega Meat \_\_\_\_\_ 057 355 7546

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