

## Barbecued fillet of beef with balsamic and fresh herbs

Search:

- [Beef](#)
- [Dinner](#)
- [Recipes](#)

## Barbecued fillet of beef with balsamic and fresh herbs

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js =  
d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1";  
fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));  
Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.cre  
ateElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,  
fjs);}}(document,"script","twitter-wjs");
```



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true;  
po.src = 'https://apis.google.com/js/plusone.js'; var s =  
document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

## Barbecued fillet of beef with balsamic and fresh herbs

---



Rate this recipe

0 people are cooking this [Count me in](#)

Most homes have a barbecue and it is said that the majority use it at least once a week. No messy cookware to clean up is always appealing and this delicious recipe will ensure all the plates are licked clean.

### Ingredients (serves 10-12)

- 2 kg fillet of beef
- 1 large handful of flat leaf parsley
- 1 small handful of common mint
- 1 large handful of coriander
- 1 tbsp of sea salt
- 1 tbsp of chilli flakes
- 60 ml balsamic vinegar
- 60 ml extra-virgin olive oil
- Lime wedge and jalapenos, to serve.

## Barbecued fillet of beef with balsamic and fresh herbs

---

Method:

Combine herbs with salt, chilli, balsamic vinegar and olive oil.

Marinate the beef fillet in this marinade for four to six hours.

Two hours before cooking, remove the beef fillet from the fridge to bring it as close to room temperature as possible. This will stop the beef contracting when it hits the hot grill.

Preheat barbecue. When barbecue is ready, cook the beef for 2 minutes on it's side and continue to roll on to the next quarter every 2 minutes.

Continue this process for 10 to 15 minutes or until the fillet has a good crust.

Continue cooking for approximately 20 minutes. If you have a meat thermometer, the internal temperature of the meat should be at 50°C. Keep the meat cooking just a little longer if you desire your meat a little more well done.

Recipe by Nellie Kerrison of [Relish Mama Cooking School](#).

NEXT: Fancy some [grilled octopus](#) to go with your summer barbecue feast?

```
function displayNutrition(msg) { $('nutrition-label-container').text(msg); $('nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('#result').html(data); alert('This recipe was added to your favorites list'); }); }
```