

# CARPACCIO

2 Portions | Preparation time 25 min

## INGREDIENTS

60 g of beef tenderloin

A handful of rucola

1 tablespoon of Parmesan cheese

1 tablespoon of pomegranate fruit

6 large capers

1 tablespoon of olive oil

1 teaspoon of lemon juice

## DRESSING

3 tablespoons of olive oil

1 tablespoon of lemon juice

1 teaspoon of honey

1 teaspoon of mustard

Salt, colourful pepper

## PURCHASE LIST

60 beef tenderloin

Rucola

Parmesan

Grenade

Capers

Lemon

Honey

Mustard

## INSTRUCTION

For carpaccio, it's best to buy a piece of beef tenderloin and put it in the freezer two hours before cutting. It will then cut better. If it's too cold, thaw it gently before cutting, but not completely. Cut the sirloin into very thin slices for carpaccio. We can also buy ready-made, cut slices of carpaccio.

Wash and dry the rucola. Put it into a bowl and sprinkle it with one tablespoon of olive oil and one tablespoon of lemon juice. Season with salt and pepper. Mix so that each leaf is covered in spices. Place the prepared rucola on a plate, on which we serve the carpaccio. Leave a few leaves of rucola to decorate for later.

Place slices of tenderloin on the rocket, each separately and season with salt and freshly ground pepper. Put the prepared beef aside for 15 minutes in the fridge.

While the beef is marinated, prepare the remaining ingredients. Peel the pomegranate and remove the seeds. Grate the Parmesan cheese on a grater. There is still dressing left. In a small bowl combine 3 tablespoons of olive oil, 1 tablespoon of lemon juice, 1 teaspoon of honey and mustard. Stir in the mixture, season with salt and pepper.

Take the marinated beef out of the fridge. Place capers, a tablespoon of pomegranate fruit and rucola on slices of tenderloin. Sprinkle with dressing and then sprinkle with freshly grated Parmesan cheese.