



Herb-Wrapped Beef Tenderloin

Recipe adapted from Laura's Lean Beef.

For more information about Laura's Lean Beef, visit laurasleanbeef.com.

Ingredients

½ cup chopped fresh herbs

1 clove garlic (minced)

Juice of ½ lemon

¼ cup panko bread crumbs

⅛ teaspoon freshly ground black pepper

1 1-pound Laura's Lean Beef Tenderloin Roast

4 seconds butter-flavored cooking spray (this helps brown the herb/crumb crust)

Instructions

In a small bowl, combine herbs, garlic, lemon juice, panko bread crumbs and black pepper. Mix to combine.

Place sheet of plastic wrap on counter and lay herb mixture onto plastic, spreading it to fit size of roast. Place roast on top of herb mixture, then tightly wrap roast in plastic wrap, pressing mixture onto roast. Let rest 5 minutes in refrigerator.

Set EGG for indirect cooking at 425°F/218°C.

Carefully unwrap roast so herb crust is on top. Spray top with butter-flavored spray for 4 seconds. Gently place it onto EGG. Roast herb-wrapped tenderloin for 35 to 40 minutes depending on desired degree of doneness.

Then roast reaches desired temperature, remove from EGG, cover with foil and a towel or dishcloth and let rest at least 10 minutes. Slice thin pieces and serve immediately OR cool and refrigerate and cut thin slices for picnic fare.

Note: If you cannot get a roast, roll the edges of individual tenderloin steaks (filet mignon) in the herb mixture and cook as desired.

Makes 4 servings