**Beef fillet with oozy sundried tomato pesto and cream cheese filling with guilt-free cauliflower and mushroom pasta topped with micro herbs**

*\_4 people\_*

*Delicious recipe that you want to, must try!!*

**Ingredients:**

**For the fillet:**

1kg beef fillet

2 T sundried tomato pesto

2 T fat free plain cream cheese

String for tying fillet

Salt and pepper

**For the cauliflower and mushroom pasta:**

1 T olive oil

1 clove of garlic

1 onion

1 t chili

1 T thyme

250g mushrooms

300g cauliflower

200g wholewheat pasta (I used the Fusilli)

20 g Parmesan cheese

1 lemon

**Method:**

**For the fillet:**

1. Mix the sundried tomato pesto and cream cheese. Take a sharp knife and make a slice lengthways in the middle of the fillet, about one-third of the way down, so it folds out like a book (butterfly method). Now it is time to have some fun – use your hands to stuff the fillet, or if you have children ask them to help you, they will really enjoy it! Cut 4 – 6 pieces of string and bring the meat together and tie it up to keep the filling in. Salt and pepper to taste.

Now it is time for hubby to take over. Pack the same amount of coals on both sides of the weber, not in the middle (Indirect Cooking method). When the coals are ready (Light Grey Ash), place the fillet in the middle of the grid. Close the lid and open the top vent. Cooking time: 15-20 minutes per 500g

**For the cauliflower and mushroom pasta:**

1. Fill a large pan with salted water, place on a high heat and bring to the boil. Add the pasta to the boiling water and cook for 10 minutes, or until al dente.

Meanwhile, heat 1 tablespoon of oil in a wide saucepan on a medium heat. Add the garlic, onion, chili and thyme – cook for 10 minutes until soft and golden. Add the mushrooms and cauliflower, cover the lid and cook for 10 minutes. Once softened, mash the cauliflower mixture with a fork until broken down. Bring everything together and top with Parmesan cheese, juice of a lemon and micro herbs of your choice! Optional: I used black truffle oil from woollies to give it another dimension – delicious!