

# GRILLED FILET MIGNON with VEGETABLE KEBABS

## Preparation Time

20 Minutes

## Cooking Time

30 Minutes

## INGREDIENTS

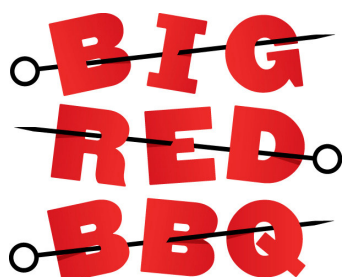
- 1 lemon, zested and juiced
- 2 tbsp extra-virgin olive oil
- 1 tbsp dried oregano
- ¼ teaspoon freshly ground pepper
- 16 cherry tomatoes
- 250g white mushrooms, stemmed
- 1 medium zucchini, halved lengthwise and sliced into 1-inch pieces
- 1 small red onion, cut into wedges
- 500g eye filet steak, cut into 4 pieces

## METHOD

1. Preheat grill to high.
2. Combine lemon zest, lemon juice, oil, oregano and pepper in a large bowl. Reserve 2 table-spoons of the marinade in a small bowl. Add tomatoes, mushrooms, zucchini and onion to the remaining marinade; toss well to coat. Thread the vegetables onto eight 10-inch skewers. Drizzle the vegetables and steak with the reserved marinade.
3. Grill the steak 4 to 6 minutes per side for medium. Grill the vegetable kebabs, turning frequently, until tender and lightly charred, 8 to 12 minutes total. Remove the vegetables from the skewers and serve with the steak.

Serves 4

	Per Serving (310g)	Per 100g
Energy	1165	380
Protein	29	9.5
Fat – Total	15.5	5
- Saturated	3.9	1.3
Carbohydrate - Total	3.5	1.1
- Sugars	2.7	0.9
Sodium	74	24



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