

Southwest Seared Filet Mignon Salad with Dill Infused Dijon Mustard Dressing

By Chef Steven Ferneding

For the Salad:

2 - 8 oz filet mignon
4 cups arugula
2 cups of micro greens
2 Persian cucumbers, thinly sliced
1/2 cup almonds, sliced or slivered and toasted
1 cup fresh mozzarella
Salt and pepper to taste

For the Dill Infused Dijon Mustard Dressing:

2 tablespoons of olive oil
1/4 white onion
1 teaspoon of garlic
2 tablespoons Smoked Dijon mustard
1 cup of heavy cream
1 tablespoon honey
3-4 branches of fresh dill, chopped
Salt and pepper to taste

Optional Garnish:

Fresh dill sprigs
Cracked black pepper

Let's Prepare the Salad!

Step 1: Prepare the Filet Mignon Strips

Season the thinly sliced filet mignon with salt and pepper.
Heat a skillet over medium-high heat and sear the filet mignon strips for 1-2 minutes on each side until browned and cooked to your desired doneness. Remove from the skillet and set aside to cool slightly.

Step 2: Assemble the Salad

In a large salad bowl, combine the mixed greens, thinly sliced Persian cucumbers, sliced almonds, and fresh mozzarella balls.

Step 3: Make the Dill Infused Dijon Mustard Dressing

In a small pot, over medium heat, add olive oil; add onion and garlic until translucent, then add Dijon mustard, honey, fresh dill, and cream, Reduce heat to low and simmer. Cook 10 minutes, until sauce is reduced, remove from heat and strain. Allow to cool before adding to salad.

Step 4: Dress the Salad

Drizzle the Dill Infused Dijon Mustard Dressing over the salad ingredients in the bowl.

Step 5: Add the Seared Filet Mignon Strips

Arrange the seared filet mignon strips on top of the salad.

Step 6: Garnish and Serve

Garnish the salad with fresh dill sprigs and cracked black pepper, if desired.