

# CHATEAUBRIAND

## WHATS IN THE BOX:

Chateaubriand marinated in garlic, rosemary & thyme, olive oil and Dylan's special dried spices.

## WHAT TO DO:

We recommend that you season the meat with salt. If the meat has been sealed, lace the tray (lid off) in a pre-heated oven at 185°C and cook for 8–10 minutes for medium rare. Every other temperature you require above medium rare; add an additional 4 minutes.

Use these as guidelines only:

Medium 8–12 mins

Medium Well 10–14 mins

Well done 14 mins+

