



# UCCOOK

## Fillet of Beef & Tarragon Sauce

with roasted butternut & balsamic dressed leaves

A quick and easy tarragon & mustard sauce that turns a simple steak into something special! It is served with golden roasted butternut and onion wedges, and a simple balsamic salad. A perfect option for a weeknight dinner that comes together with minimal effort but is beautifully flavourful.

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**Hands-On Time:** 25 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People


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**Chef:** Megan Bure

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 Fan Faves

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 Boschendal | Stellenbosch Cabernet Sauvignon

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## Ingredients & Prep

1kg	Butternut <i>deseeded, peeled (optional) &amp; cut into bite-sized chunks</i>
2	Onions <i>peeled &amp; cut into wedges</i>
40ml	Beef Stock
20ml	Dried Tarragon
20ml	Dijon Mustard
40ml	Balsamic Vinegar
600g	Free-range Beef Fillet
80g	Salad Leaves <i>rinsed &amp; gently shredded</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel

**1. ROASTED VEGGIES** Preheat the oven to 200°C. Boil the kettle. Place the butternut chunks and the onion wedges on a roasting tray, coat in oil, and season. To make sure they do get crispy, don't overcrowd the tray – use two trays instead! Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

**2. MAKE IT SAUCY** Place a pan over a medium heat with the stock, 200ml of boiling water, and the tarragon. Leave to simmer for 3-5 minutes, until slightly reduced. Remove from the heat and add the mustard and ½ the balsamic vinegar (to taste). Mix until fully combined. Season to taste, place in a bowl, and cover to keep warm for serving.

**3. FRY UP!** Return the pan, wiped down if necessary, to a high heat with a drizzle of oil. Pat the fillets dry with paper towel. When the pan is hot, sear the fillets for 4-5 minutes per side, until browned all over, shifting as they colour. Remove from the pan on completion and set aside to rest for 5 minutes before slicing. Lightly season the slices.

**4. THE TOSS UP** In a bowl, combine the shredded salad leaves, the remaining balsamic vinegar, a drizzle of oil, and seasoning.

**5. HOORAY FOR FILET!** Plate up the luscious beef fillet slices and drizzle over the tarragon sauce. Serve with the roasted onion and butternut alongside the dressed leaves. Well done, Chef!

## Nutritional Information

Per 100g

Energy	410kJ
Energy	98Kcal
Protein	7.4g
Carbs	8g
of which sugars	2.2g
Fibre	1.3g
Fat	1.7g
of which saturated	0.5g
Sodium	65mg

## Allergens

Allium, Sulphites

Cook  
within  
4 Days