



# UCOOK

## Steakhouse Fillet & Salad

**with buttermilk onion rings & fresh thyme**

Indulge in our take on a classic combo - fillet steak, a fresh salad, buttermilk-battered onion rings, and fragrant thyme. All the flavours we love are packed into one easy-peasy, restaurant-worthy dish. Close your wallet, turn off the ignition, you're eating in!

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**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes


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**Serves:** 1 Person

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**Chef:** Thea Richter

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 Adventurous Foodie

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 Leopard's Leap | Cabernet Sauvignon Merlot

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## Ingredients & Prep

50ml	Buttermilk
40ml	Self-raising Flour
150g	Free-range Beef Fillet
4g	Fresh Thyme <i>rinsed &amp; picked</i>
1	Onion <i>½ peeled, cut into thick rounds &amp; separated into rings</i>
100g	Cucumber <i>roughly diced</i>
1	Tomato <i>½ roughly diced</i>
40g	Danish-style Feta <i>drained</i>

## From Your Kitchen

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

**1. BATTER BELIEVE IT** Place the buttermilk in a bowl and whisk until smooth. Add  $\frac{3}{4}$  of the flour and seasoning. Mix until a thick batter forms. If too thick, add water in 10ml increments until desired consistency.

**2. SEAR-IOUSLY DELICIOUS** Place a pan over high heat. Rub some oil into the fillet until well coated. When the pan is hot, sear the fillet for about 4-5 minutes until browned all over, shifting as it colours. In the final 1-2 minutes, baste with a generous knob of butter and  $\frac{1}{2}$  the picked thyme. Remove from the pan, reserving any pan juices, and set aside to rest for 5 minutes before slicing. Lightly season the slices. Cover to keep warm until serving.

**3. PUT A RING ON IT** Place a pot over medium-high heat with 4-5cm of oil. Toss the onion rings in the remaining flour. When the oil is hot, dip the onion rings in the buttermilk batter, allowing the excess to drip off, and carefully lower into the hot oil. Fry for 1–2 minutes or until golden brown, shifting halfway. Drain on paper towel.

**4. SIDE PIECE** In a salad bowl, combine the diced cucumber, the diced tomato, the drained feta, a drizzle of oil, and seasoning.

**5. DING, DONG! DINNER IS SERVED** Plate up the onion rings. Side with the fillet slices drizzled with any reserved pan juices. Serve the fresh salad on the side and garnish with the remaining thyme. A classic, Chef!

## Nutritional Information

Per 100g

Energy	435kJ
Energy	104kcal
Protein	7.7g
Carbs	6g
of which sugars	1.8g
Fibre	0.9g
Fat	3.5g
of which saturated	1.7g
Sodium	91mg

## Allergens

Gluten, Dairy, Allium, Wheat

Cook  
within  
4 Days