



UCOOK

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.


Hands-On Time: 10 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

 Fan Faves

 Boschendal | Stellenbosch Cabernet Sauvignon

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Ingredients & Prep

250g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
1	Onion <i>½ peeled & cut into wedges</i>
10ml	Beef Stock
5ml	Dried Tarragon
5ml	Dijon Mustard
10ml	Balsamic Vinegar
150g	Free-range Beef Fillet
20g	Salad Leaves <i>rinsed & 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. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

2. MAKE IT SAUCY Place a pan over a medium heat with the stock, 50ml of boiling water, and the tarragon. Leave to simmer for 2-3 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 fillet dry with paper towel. When the pan is hot, sear the fillet for 4-5 minutes per side, until browned all over, shifting as it colours. 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