



UCOOK

Beef Fillet & Shoestring Fries

with onion gravy & a fresh salad

In this recipe we're amping up the classic steak frites with a UCOOK twist. Juicy, tender beef fillet is fried to perfection, paired with crispy shoestring fries and topped with a rich, savoury onion gravy. This dish is the perfect combination of classic comfort food & sophisticated cooking.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

 Adventurous Foodie

 Harry Hartman | Somesay Shiraz

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Ingredients & Prep

5ml	Beef Stock
5ml	Cornflour
1	Onion <i>½ peeled & finely sliced</i>
1	Garlic Clove <i>peeled & grated</i>
200g	Potato <i>rinsed, sliced into thin matchsticks & patted dry</i>
15ml	Grated Italian-style Hard Cheese
4g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
150g	Free-range Beef Fillet
5ml	NOMU Roast Rub
20g	Salad Leaves <i>rinsed & roughly shredded</i>
20g	Radish <i>sliced into thin rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. START THE GRAVY TRAIN Boil the kettle. Dilute the stock with 150ml of boiling water. Place the cornflour in a small bowl and gradually mix in 5ml of the diluted stock until a runny paste. Set aside. Place a pan over medium heat with a drizzle of oil or a knob of butter. When hot, fry the sliced onion until caramelised, 7-8 minutes (shifting occasionally).

2. PICKING UP SPEED When the onion is caramelised, add the grated garlic to the pan and fry until fragrant, 30-60 seconds (shifting continuously). Stir in the diluted stock and the cornflour slurry. Lower the heat and reduce until slightly thickened, 6-8 minutes (stirring occasionally). Season with a sweetener. Remove from the heat, cover, and set aside.

3. MAKE SOME FANCY FRIES Place a pot or pan over medium-high heat with enough oil to cover the base. Once hot, fry the potato matchsticks until golden and crispy, 7-10 minutes. Drain on paper towel and toss through the grated cheese, ½ the chopped parsley, and seasoning.

4. FAB FILLET Place a pan over high heat with a drizzle of oil. Pat the fillet dry with paper towel. When hot, sear the fillet until browned all over, 6-8 minutes (shifting as it colours). In the final minute, baste with a knob of butter and the NOMU rub. Set aside to rest for 5 minutes before slicing and seasoning.

5. FRESH SIDE In a salad bowl, combine the shredded leaves, the radish rounds, a drizzle of olive oil, and seasoning.

6. DIG IN! Serve up the fillet slices. Pour over the onion gravy. Side with the shoestring fries and the fresh salad. Garnish with the remaining parsley and there you have it!



Chef's Tip

Placing the potatoes in the ice water helps to remove excess starch and prevent them from getting soggy during frying. You can soak them for up to 24 hours, the longer the better!

Nutritional Information

Per 100g

Energy	478kj
Energy	114kcal
Protein	8.6g
Carbs	10g
of which sugars	1.3g
Fibre	1.5g
Fat	2.2g
of which saturated	0.8g
Sodium	95mg

Allergens

Egg, Dairy, Allium, Sulphites

Cook
within
4 Days