



# UCCOOK

## Sesame-crusted Beef Fillet

with gochujang potato wedges & tonkatsu sauce

Potato wedges are tossed in spicy gochujang and served alongside tender sesame seed-crusted beef fillet. Pickled cucumber ribbons bring an acidic kick, whilst a tonkatsu drizzle adds some tangy sweetness. This dish will make you smile long after you eat it!

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**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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 Adventurous Foodie

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 Waterkloof | Circumstance Mourvèdre

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## Ingredients & Prep

|       |                                                                                                         |
|-------|---------------------------------------------------------------------------------------------------------|
| 800g  | Potato<br><i>rinsed &amp; cut into wedges</i>                                                           |
| 40ml  | Lemon Juice                                                                                             |
| 400g  | Cucumber<br><i>peeled into ribbons</i>                                                                  |
| 200g  | Peas                                                                                                    |
| 100ml | Tonkatsu Sauce<br><i>(40ml Oyster Sauce, 40ml<br/>Tomato Sauce &amp; 20ml<br/>Worcestershire Sauce)</i> |
| 60ml  | Mixed Sesame Seeds                                                                                      |
| 40ml  | Gochujang Paste                                                                                         |
| 600g  | Free-range Beef Fillet                                                                                  |

## From Your Kitchen

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

**1. ROAST POTATO** Preheat the oven to 200°C. Boil the kettle. Spread out the potato wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes, shifting halfway.

**2. ZINGY MOMENT** In a bowl, add the lemon juice (to taste), 4 tbsp of water, seasoning, and a sweetener of choice (to taste). Mix until the sweetener is fully dissolved. Add the cucumber ribbons, toss until fully combined, and set aside. Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain on completion.

**3. LET'S PREP** In a bowl, combine the tonkatsu sauce, seasoning, and 4 tsp of a sweetener of choice. Set aside. Place the mixed sesame seeds on a shallow dish or plate and set aside. Loosen the gochujang with a drizzle of oil.

**4. CRUSTED BEEF FILLET** Place a pan over a high heat. Pat the fillets dry with some paper towel, and season. Rub some oil into the fillets until well coated. When the pan is hot, sear the fillets for 4-5 minutes per side until browned. (The time frame may vary depending on the thickness of the fillets). In the final 1-2 minutes, baste with a knob of butter or a drizzle of oil. Remove from the pan and set aside to rest for 5 minutes. On completion, roll the fillets through the sesame seeds until well coated. Gently slice and season.

**5. SPICY POTATO WEDGES** When the potato wedges have 10 minutes remaining, remove the tray from the oven and coat the potato wedges in the loosened gochujang paste — use it to taste, it's spicy! Return to the oven for the remaining roasting time until cooked through and crisping up. Drain the pickling liquid from the cucumber ribbons and toss with the plump peas.

**6. DINNER IS SERVED!** Plate up the spicy potato wedges and side with the sesame fillet. Drizzle the tonkatsu sauce over the fillet. Serve the pickled cucumber salad on the side. Sprinkle over any remaining sesame seeds. Wow, Chef!



## Chef's Tip

If you want to toast your sesame seeds, place in a pan and toast for 2-4 minutes until the white ones are lightly browned.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 463kj   |
| Energy             | 111kcal |
| Protein            | 8g      |
| Carbs              | 10g     |
| of which sugars    | 2.4g    |
| Fibre              | 1.9g    |
| Fat                | 2.4g    |
| of which saturated | 0.6g    |
| Sodium             | 169mg   |

## Allergens

Gluten, Dairy, Sesame, Wheat,  
Sulphites, Sugar Alcohol (Xylitol), Soy,  
Shellfish/Seafood

Cook  
within  
4 Days