



UCOOK

Banters Beef Bonanza

with charred veg & red wine jus

A traditional dish with all the flavours you love. A melt-in-the-mouth beef fillet accompanied by a flavoursome red wine sauce and golden sweet potato wedges. A mound of charred broccoli brings another texture level as well as gorgeous flavour!

Hands-On Time: 25 minutes

Overall Time: 55 minutes

Serves: 2 People

Chef: Megan Bure

♥ Health Nut

🍷 Cavalli Estate | Warlord

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

500g	Sweet Potato <i>rinsed & cut into wedges</i>
300g	Broccoli Florets <i>cut into bite-sized pieces</i>
100g	Kale <i>rinsed & roughly shredded</i>
10ml	Beef Stock
1	Onion <i>½ peeled & finely diced</i>
2	Garlic Cloves <i>peeled & grated</i>
4g	Fresh Thyme <i>rinsed, picked & finely chopped</i>
125ml	Red Wine
300g	Free-range Beef Fillet

From Your Kitchen

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

1. READY VEG Preheat the oven to 200°C. Spread out the sweet potato wedges on one half of a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway. Place the broccoli pieces in a bowl, coat in oil, and season. Set aside for step 3. Place the shredded kale in a bowl with a drizzle of oil and some seasoning. Using your hands, gently massage until softened and coated. Set aside the broccoli and kale for step 3.

2. SET SAUCE Dilute the stock with 100ml of boiling water. Place a pan over a medium heat with a drizzle of oil. When hot, fry the diced onion for 5-7 minutes until soft, shifting occasionally. Add in the grated garlic and chopped thyme and sauté for about 1 minute until fragrant. Stir through the red wine and cook for 2-3 minutes until the wine has almost fully evaporated and the sauce has reduced by half. Whisk in the diluted stock. Simmer for 5-7 minutes until slightly thickened and reduced, stirring occasionally. Season and add a sweetener of choice to taste. Remove from the heat, cover with the lid, and set aside to keep warm.

3. HOLD UP - HALFWAY! When the wedges reach the halfway mark, remove from the oven, give a shift and scatter the broccoli pieces over the other side of the roasting tray. Return to the oven for the remaining roasting time. In the final 10 minutes scatter the dressed kale over one of the trays and return to the oven. On completion the wedges should be golden, the kale crispy and the broccoli charred.

4. GO STEAK Place a pan over a medium-high heat. Rub the fillets with some oil until well coated. When the pan is hot, sear the fillets for about 6-8 minutes in total until browned all over, shifting as they colour. Place the fillets alongside or on top of the sweet potato and return the tray to the oven for about 5-7 minutes until the fillet is cooked to your preference. Remove from the oven on completion and set aside to rest for 5 minutes before slicing. Lightly season the slices.

5. FLAVOURSOME FINISH Plate up the golden sweet potato wedges with the charred broccoli and crispy kale alongside. Lay the tender fillet slices next to the veg and spoon over a generous amount of red wine sauce. What a flavour race!

Nutritional Information

Per 100g

Energy	383kJ
Energy	92Kcal
Protein	5.8g
Carbs	8g
of which sugars	2.8g
Fibre	1.8g
Fat	1.5g
of which saturated	0.5g
Sodium	114mg

Allergens

Allium, Sulphites, Alcohol

Cook
within
4 Days