



UCOOK

Fantastic Fillet & Polenta Fries

with sage butter & a fresh salad

Succulent beef fillet slices are drizzled with a dreamy sage butter sauce and sided with a vibrant fresh salad. Perfectly paired with crunchy homemade polenta fries; expect a divine crispy exterior with a creamy and super cheesy interior!

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Thea Richter

 Adventurous Foodie

 Robertson Winery | Cabernet Sauvignon

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

Ingredients & Prep

100ml	Polenta
25g	Italian-style Hard Cheese <i>grated</i>
65ml	Crème Fraîche
4g	Fresh Sage <i>rinsed, dried & picked</i>
150g	Free-range Beef Fillet
1	Tomato <i>roughly diced</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>
50g	Peas

From Your Kitchen

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

1. POLENTA: PHASE ONE Boil the kettle. Place 30ml of polenta in a shallow bowl and set aside for step 3. Line a flat dish with cling wrap or baking paper. Place a pot over a high heat, fill with 250ml of boiling water, and add ½ tsp of salt. Once bubbling, gradually whisk in the remaining polenta and stir until there are no lumps. Reduce to a low heat and cook for 5-8 minutes, whisking regularly. When too thick to whisk, use a spoon. On completion, it should be thick and creamy. Remove from the heat and stir in a knob of butter, the grated cheese, and the crème fraîche until combined. Immediately pour into the lined dish and spread it out evenly in a single layer, 1.5-2cm thick. Gently press down with a spatula to ensure it's compressed. Pop in the fridge to cool for at least 20-25 minutes.

2. SAGE BUTTER When the polenta has cooled for 10 minutes, place a deep pan over a medium-high heat with a drizzle of oil and 30g of butter. Once foaming, fry the rinsed sage leaves for 1 minute per side until crispy (to make this easier, use tongs if you have them!) On completion, allow the sage to drain on some paper towel. Remove the sage-infused butter from the pan, and set aside for serving.

3. POLENTA: PHASE TWO Once the polenta has cooled, gently flip it out onto a chopping board. Using a sharp knife, slice the polenta into rectangular "fries". Roll in the reserved, uncooked polenta until evenly coated. Return the pan, wiped down if necessary, to a high heat with 2-3cm of oil. When very hot, cook the fries, in batches, for 2-3 minutes until crispy, shifting as they colour. On completion, drain on some paper towel and season with salt.

4. FILL-ET UP! Place a pan over a high heat. Rub some oil into the fillet until well coated. When the pan is hot, sear the fillet for about 6-8 minutes in total until browned all over, shifting as it colours. Remove from the pan on completion and rest for 5 minutes before slicing. Lightly season the slices.

5. SALAD In a salad bowl, combine the diced tomato, the salad leaves, the peas, a drizzle of oil, and seasoning.

6. YUM! Plate up the fillet slices. Drizzle over the sage butter and sprinkle over the crispy sage leaves. Side with the polenta fries and the salad. Dip the fries in any remaining sage butter.



Chef's Tip

If you have the time, complete phase one of the polenta fries (Step 1) an hour before you start cooking. This ensures that the mixture will set firm, which will make it easier to cut before frying! This will also decrease the chances of the fries being soggy after being fried.

Nutritional Information

Per 100g

Energy	799kJ
Energy	191Kcal
Protein	10.1g
Carbs	14g
of which sugars	1.9g
Fibre	1.7g
Fat	8.4g
of which saturated	4.3g
Sodium	51mg

Allergens

Egg, Dairy

Cook
within
4 Days