



UCCOOK

Seared Chipotle Beef Fillet

with charred corn, pickled onions & peanuts

A kicker of chipotle-yoghurt dressing cascades over slices of juicy beef fillet, as roasted half-moons of butternut and a zingy, feisty charred corn salad languish alongside. Pickled red onion and toasted peanuts perch atop this divine dish — truly exquisite.

Hands-On Time: 15 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Ella Nasser

♥ Health Nut

🍷 Haute Cabrière | Pierre Jourdan Tranquille

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Ingredients & Prep

250g	Butternut <i>cut into half-moons</i>
1	Red Onion <i>½ peeled & finely sliced</i>
22,5ml	Pickling Liquid <i>(15ml White Wine Vinegar & 7,5ml Honey)</i>
15g	Peanuts
10g	Chipotle In Adobo Sauce <i>chopped</i>
1	Garlic Clove <i>peeled & grated</i>
30ml	Plain Yoghurt
80g	Corn <i>drained</i>
4g	Fresh Coriander <i>rinsed, picked & finely chopped</i>
20g	Salad Leaves <i>rinsed</i>
150g	Free-range Beef Fillet

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. ROASTED HALF-MOONS Preheat the oven to 200°C. Spread out the butternut half-moons on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and golden, flipping at the halfway mark.

2. PICKLED ONIONS & TOASTED NUTS Place the sliced red onions in a bowl with ½ of the pickling liquid and 15ml of boiling water. Add a generous pinch of salt, toss to coat, and set aside to pickle. Place the peanuts in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

3. CHIPOTLE In a bowl, combine the chopped chipotle in adobo (to taste), grated garlic, and yoghurt. Add water in 5ml increments until drizzling consistency. Season and set aside.

4. ZINGY CORN SALAD Place a pan over a high heat with a drizzle of oil. When hot, fry the drained corn for 3-4 minutes until charred, shifting occasionally. Remove from the heat and transfer to a bowl. Drain the pickled red onions, and add to the corn along with ½ the chopped coriander, rinsed salad leaves, and the remaining pickling liquid (to taste). Season and set aside.

5. JUICY FILLET 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 4-5 minutes, until browned all over, shifting as it colours (this time frame will yield a medium-rare result). Remove from the heat and set aside to rest for 5 minutes before slicing and seasoning.

6. TEX-MEX DINING! Plate up the sliced beef fillet and drizzle over ½ of the chipotle dressing. Serve alongside the roasted butternut half-moons and zingy corn-pickled onion salad. Sprinkle over the chopped peanuts, the remaining chipotle dressing, and garnish with the remaining chopped coriander. Voilà, Chef!



Chef's Tip

Fillet steaks are usually thicker in size, so they take a little longer to cook and every steak will be slightly different in shape and size. If you notice any difference, cook it for an extra 30 seconds per side.

Nutritional Information

Per 100g

Energy	455kj
Energy	109Kcal
Protein	6.7g
Carbs	10g
of which sugars	3.3g
Fibre	1.6g
Fat	2.4g
of which saturated	6g
Sodium	32mg

Allergens

Dairy, Allium, Peanuts, Sulphites

Cook
within
4 Days