



UCCOOK

Bacon-wrapped Beef Fillet

with jacket potato pockets & horseradish


Beef fillet is coated in horseradish sauce and Dijon mustard, before being rolled in breadcrumbs and wrapped up in delish bacon slices. It is accompanied by classic jacket potatoes and fresh green leaves. Bacon, fillet, potato, need we say more?

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Adventurous Foodie

 Boschendal | Nicolas

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Ingredients & Prep

200g	Potato <i>rinsed</i>
4g	Fresh Thyme <i>rinsed & picked</i>
15ml	Horseradish Sauce
5ml	Dijon Mustard
40ml	Panko Breadcrumbs
150ml	Free-range Beef Fillet
2 strips	Streaky Pork Bacon
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. HOT POTATO Preheat the oven to 220°C. Line a baking tray with tinfoil and lightly grease. Cut the rinsed potato in half lengthways and place on the tray — don't remove the skin! Coat in oil, the picked thyme leaves, season, and turn cut-side down. Bake in the hot oven for 30-35 minutes until the flesh is soft and the skin is crispy.

2. BACON-WRAPPED FILLET In a bowl, combine the horseradish sauce, the mustard, and seasoning. Place the breadcrumbs on a plate. Pat the fillet dry with some paper towel. Lightly spread the horseradish mustard mixture over the fillet until well coated. On completion, roll the mustard coated fillet through the breadcrumbs and wrap in the bacon slices in a single layer. Place on a lightly greased tray and roast in the hot oven for 6-8 minutes or until cooked to your preference. Remove from the oven and leave to rest for 5 minutes. Season to taste.

3. FLUFFY JACKETS Once the potato is cooked, carefully spoon the flesh (without breaking the skin) into a bowl, and fluff up with a fork. Mix in a small knob of butter (optional) and some seasoning. Return the buttery flesh to the skin. Toss the rinsed green leaves with a drizzle of oil and seasoning.

4. BON APPETIT! Plate up the bacon-wrapped beef fillet and side with the buttery baked potatoes. Serve the dressed green leaves alongside. What a dish, Chef!

Nutritional Information

Per 100g

Energy	692kJ
Energy	165Kcal
Protein	11.6g
Carbs	12g
of which sugars	0.8g
Fibre	1.7g
Fat	5.8g
of which saturated	2g
Sodium	195mg

Allergens

Gluten, Dairy, Wheat, Sulphites

Cook
within
4 Days