



# 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.

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**Hands-On Time:** 25 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Ella Nasser

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♥ Health Nut

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🍷 Haute Cabrière | Pierre Jourdan Tranquille

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## Ingredients & Prep

750g	Butternut <i>cut into half-moons</i>
1	Red Onion <i>peeled &amp; finely sliced</i>
67,5ml	Pickling Liquid <i>(45ml White Wine Vinegar &amp; 22,5ml Honey)</i>
45g	Peanuts
30g	Chipotle In Adobo Sauce <i>chopped</i>
3	Garlic Cloves <i>peeled &amp; grated</i>
90ml	Plain Yoghurt
240g	Corn <i>drained</i>
12g	Fresh Coriander <i>rinsed, picked &amp; finely chopped</i>
60g	Salad Leaves <i>rinsed</i>
450g	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 35-40 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 35ml 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 4-5 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 fillets until well coated. When the pan is hot, sear the fillets for about 4-5 minutes, until browned all over, shifting as they colour (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