



UCOOK

Steakhouse Fillet & Salad

with buttermilk onion rings & fresh thyme


Indulge in our take on a classic combo - fillet steak, a fresh salad, buttermilk-battered onion rings, and fragrant thyme. All the flavours we love are packed into one easy-peasy, restaurant-worthy dish. Close your wallet, turn off the ignition, you're eating in!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Thea Richter

 Adventurous Foodie

 Leopard's Leap | Cabernet Sauvignon Merlot

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Ingredients & Prep

150ml	Buttermilk
125ml	Self-raising Flour
450g	Free-range Beef Fillet
12g	Fresh Thyme <i>rinsed & picked</i>
2	Onions <i>1½ peeled, cut into thick rounds & separated into rings</i>
300g	Cucumber <i>roughly diced</i>
2	Tomatoes <i>1½ roughly diced</i>
120g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. BATTER BELIEVE IT Place the buttermilk in a bowl and whisk until smooth. Add $\frac{3}{4}$ of the flour and seasoning. Mix until a thick batter forms. If too thick, add water in 10ml increments until desired consistency.

2. SEAR-IOUSLY DELICIOUS Place a pan over high heat. Rub some oil into the fillets until well coated. When the pan is hot, sear the fillets for about 5-6 minutes until browned all over, shifting as they colours. In the final 1-2 minutes, baste with a generous knob of butter and $\frac{1}{2}$ the picked thyme. Remove from the pan, reserving any pan juices, and set aside to rest for 5 minutes before slicing. Lightly season the slices. Cover to keep warm until serving.

3. PUT A RING ON IT Place a large pot over a medium-high heat with 4-5cm of oil. Toss the onion rings in the remaining flour. When the oil is hot, dip the onion rings in the buttermilk batter, allowing the excess to drip off, and carefully lower into the hot oil. Fry for 1–2 minutes or until golden brown, shifting halfway. You may need to do this step in batches. Drain on paper towel.

4. SIDE PIECE In a salad bowl, combine the diced cucumber, the diced tomato, the drained feta, a drizzle of oil, and seasoning.

5. DING, DONG! DINNER IS SERVED Plate up the onion rings. Side with the fillet slices drizzled with any reserved pan juices. Serve the fresh salad on the side and garnish with the remaining thyme. A classic, Chef!

Nutritional Information

Per 100g

Energy	435kj
Energy	104kcal
Protein	7.7g
Carbs	6g
of which sugars	1.8g
Fibre	0.9g
Fat	3.5g
of which saturated	1.7g
Sodium	91mg

Allergens

Gluten, Dairy, Allium, Wheat

Cook
within
4 Days