



UCOOK

Herb Crusted Fillet

with crispy potatoes, horseradish sauce
& crème fraîche

Tender herb-crusted fillet slices are dolloped in a tangy horseradish, crème fraîche and mustard dressing. Served with crispy baby potatoes and a peppery rocket salad drizzled in balsamic glaze and ribbons of Italian hard cheese. Need we say more?

Hands-On Time: 30 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Alex Levett

 Easy Peasy

 Haute Cabrière | Pierre Jourdan Blanc de Blancs

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Ingredients & Prep

600g	Baby Potatoes <i>halved</i>
15ml	NOMU One For All Rub
90ml	Crème Fraîche
45ml	Horseradish Sauce
15ml	Dijon Mustard
8g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
6g	Thyme <i>rinsed, picked & finely chopped</i>
450g	Free-range Beef Fillet
2	Garlic Cloves <i>smashed whole</i>
60g	Green Leaves <i>rinsed</i>
15ml	Balsamic Glaze
45ml	Italian-style Hard Cheese <i>peeled into ribbons</i>

From Your Kitchen

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

1. ROAST THE POTATOES Preheat the oven to 200°C. Spread out the halved baby potatoes on a roasting tray in a single layer. To make sure they do get crispy, don't overcrowd the tray – use two trays if necessary. Coat in oil, the One For All rub, and some seasoning. Roast in the hot oven for 30-35 minutes until crispy on the outside and soft on the inside, shifting halfway.

2. HORSERADISH SAUCE & HERB PLATE In a bowl combine the crème fraîche, horseradish sauce, and ½ of the dijon mustard. If it's too thick, loosen with water in 5ml increments and season. Place ¾ of the chopped parsley and all the chopped thyme on a plate and set aside.

3. COOK THE STEAK When the potatoes have 15 minutes remaining, place a pan over a high heat. Pat the fillet dry with paper towel. Rub some oil into the fillets until well coated. When the pan is hot, sear the fillets for about 3-4 minutes, until browned all over, shifting as they colour. Add a knob of butter and the smashed garlic cloves and baste the steaks in the garlic butter for another 1-2 minutes. Remove from the pan on completion and set aside to rest for 5 minutes.

4. HERB CRUST Once the fillet has rested, lightly spread over the remaining dijon mustard using a spoon or knife. Roll the mustard-basted fillet through the mixed chopped herbs until well coated. Gently slice and season.

5. PLATE Plate up the herb crusted fillet slices and dollop over the horseradish dressing. Serve the crispy baby potatoes on the side, and pair with a salad of rinsed rocket, balsamic glaze, and scattered hard cheese ribbons. Garnish with the remaining parsley. Perfection!



Chef's Tip

Meat continues to cook while resting.
Remember this when cooking the fillet to your preference.

Nutritional Information

Per 100g

Energy	667kJ
Energy	159Kcal
Protein	9.4g
Carbs	11g
of which sugars	3g
Fibre	1.7g
Fat	5.7g
of which saturated	2.8g
Sodium	138mg

Allergens

Egg, Dairy, Allium, Sulphites

Cook
within
4 Days