



UCOOK

Cumin Basted Beef Fillet

with butternut harra, hummus & flaked almonds

Indulgence at its best with this tender spiced cumin beef fillet. A side of Lebanese "batata harra" with a butternut twist, is paired excellently with creamy hummus and sprinklings of toasted almonds. Come on... take a flavour trip with us!

Hands-On Time: 30 minutes

Overall Time: 65 minutes

Serves: 4 People

Chef: Ella Nasser

♥ Health Nut

🍷 Haute Cabrière | Pinot Noir Réserve

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1kg	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
4	Garlic Cloves <i>peeled & grated</i>
10ml	Dried Chilli Flakes
15g	Fresh Coriander <i>rinsed, picked & finely chopped</i>
40g	Flaked Almonds
80g	Green Leaves <i>rinsed</i>
600g	Free-range Beef Fillet
20ml	Ground Cumin
60ml	Lime Juice
170ml	Hummus

From Your Kitchen

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

1. ROASTED BUTTERNUT PERFECTION Preheat the oven to 200°C. Place the butternut chunks on a roasting tray, coat in oil, and season. To make sure they do get crispy, don't overcrowd the tray — use two trays instead! Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

2. FLAVOURFUL SAUTÉ Place a pan over medium heat with a drizzle of oil. Once hot, add the grated garlic, ½ the chilli flakes and ½ the chopped coriander. Fry until the garlic is golden in colour, about 2-4 minutes. Remove from the pan and set aside.

3. TOASTY ALMONDS & SALAD Wipe down the pan. Add the flaked almonds and toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion. Place the rinsed green leaves, a drizzle of olive oil and seasoning in a bowl. Toss to combine and set aside.

4. CUMINY FILLET Return the pan to high heat. Pat the fillet dry with some paper towel. 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. Add a knob of butter or a drizzle of oil and ¾ of the cumin and baste the steaks for 1-2 minutes. Remove from the pan on completion and set aside to rest for 5 minutes before slicing.

5. TOSS & MIX Once the butternut chunks are roasted, toss with the garlic mixture, the remaining coriander and chilli flakes, and lime juice.

6. LEBANESE-STYLE FEASTING Plate up the cumin beef slices alongside the roasted butternut harra. Side with the dressed leaves and sprinkle over the flaked almonds. Serve with the hummus and use the back of a spoon to create a swirl on the surface. Drizzle with olive oil, and sprinkle over the remaining cumin. Sahtein, Chef!

Nutritional Information

Per 100g

Energy	527kJ
Energy	126Kcal
Protein	8.5g
Carbs	9g
of which sugars	1.4g
Fibre	2.4g
Fat	3.8g
of which saturated	1g
Sodium	80mg

Allergens

Allium, Sesame, Sulphites, Tree Nuts

Cook
within
4 Days