

**OVERALL time: 35 mins**

# ZHOUG PASTE - FILLET ON THE BRAAI - SAUCES 3 WAYS

Zhoug paste, a vibrant Middle Eastern condiment, adds bold, herby heat to any dish. Its blend of fresh cilantro, parsley, garlic, chili, and spices pairs beautifully with tender fillet on the braai. Brushed over the meat as it grills, zhoug enhances the smoky flavors with a burst of tangy spice, transforming a simple barbecue into a gourmet feast.

Metric

**Number of servings : 8**

## ingredients

### For the paste

- 4 cloves of garlic
- 30 g fresh coriander
- 10 g fresh parsley
- 2 large jalapeños, seeds removed
- **Cape Herb and Spice Tall Seasoned Salt**
- 30 ml water
- 30 ml lemon juice
- 30 ml extra-virgin olive oil

### For the steak

- 1.5 kg whole beef fillet
- **Cape Herb and Spice Tall Seasoned Salt**
- 30 ml olive oil

## THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 15 mins | COOKING TIME: 20 mins**

For the zhoug paste:

Combine all of the ingredients in a small food processor.

Season generously with **Cape Herb & Spice Seasoned Salt**.

Blend until smooth and spoonable.

Keep in the fridge until serving.

For the steak:

Prepare braai in advance to a medium high heat.

Remove fillet from the fridge at least 45 minutes prior to braaiing.

Top tip for even cooking:

If you have a fillet that has a significantly thin tail end, fold it under itself and tie it in place with butcher's string.

Trim off any excess silver skin.

Rub fillet with olive oil and season thoroughly with **Cape Herb & Spice Seasoned Salt** Grinder.

Transfer fillet to the braai and cover with a lid.

Cook over medium heat, turning occasionally, until it hits your desired final temperature.

This will take 15-20 minutes for medium rare, depending on the thickness of the fillet.

For perfectly medium rare, remove the fillet from the braai as soon as the internal temperature hits 52°C.

Allow to rest for 10 minutes.

As the steak is resting the internal temperature will continue to rise and reach the perfect 54°C.

Once rested, cut the steak into thick slices and enjoy with plenty of zhoug paste spooned all over.

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://capeherb.co.za>

Metric

## ingredients

**For the paste**

- 4 cloves of garlic
- 30 g fresh coriander
- 10 g fresh parsley
- 2 large jalapeños, seeds removed
- **Cape Herb and Spice Tall Seasoned Salt**

- 30 ml water
- 30 ml lemon juice
- 30 ml extra-virgin olive oil

**For the steak**

- 1.5 kg whole beef fillet
- **Cape Herb and Spice Tall Seasoned Salt**
- 30 ml olive oil

**Number of servings : 8**

## **THIS IS WHAT YOU WILL NEED TO DO**

**PREP TIME: 15 mins | COOKING TIME: 20 mins**

For the zhoug paste:

Combine all of the ingredients in a small food processor.

Season generously with **Cape Herb & Spice Seasoned Salt**.

Blend until smooth and spoonable.

Keep in the fridge until serving.

For the steak:

Prepare braai in advance to a medium high heat.

Remove fillet from the fridge at least 45 minutes prior to braaiing.

Top tip for even cooking:

If you have a fillet that has a significantly thin tail end, fold it under itself and tie it in place with butcher's string.

Trim off any excess silver skin.

Rub fillet with olive oil and season thoroughly with **Cape Herb & Spice Seasoned Salt** Grinder.

Transfer fillet to the braai and cover with a lid.

Cook over medium heat, turning occasionally, until it hits your desired final temperature.

This will take 15-20 minutes for medium rare, depending on the thickness of the fillet.

For perfectly medium rare, remove the fillet from the braai as soon as the internal temperature hits 52°C.

Allow to rest for 10 minutes.

As the steak is resting the internal temperature will continue to rise and reach the perfect 54°C.

Once rested, cut the steak into thick slices and enjoy with plenty of zhoug paste spooned all over.

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram |  
<http://thesecretlifeofbee.co.za/>

<https://capeherb.co.za>