



UCOOK

Sirloin & Italian Bulgur Salad

with Italian-style cheese & a balsamic dressing

Sizzling sirloin slices sit atop an Italian-style bulgur salad loaded with tomatoes, cheese ribbons, lemon zest, and fresh parsley. A final drizzle of balsamic dressing & a squeeze of lemon juice takes the freshness of this dish to new heights.


Hands-on Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Leopard's Leap | Merlot

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Ingredients & Prep

100ml	Bulgur Wheat
160g	Free-range Beef Sirloin
20g	Green Leaves <i>rinsed</i>
20g	Whole Italian-style Hard Cheese <i>peeled into ribbons</i>
4g	Fresh Parsley <i>rinsed & roughly chopped</i>
1	Lemon <i>½ zested & cut into wedges</i>
1	Tomato <i>½ roughly diced</i>
10ml	Balsamic Reduction

From Your Kitchen

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

1. BULGAR KING Boil the kettle. Using a bowl, submerge the bulgur wheat in 100ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 15-20 minutes until cooked and tender. Fluff up with a fork, replace the plate, and set aside.

2. STEAK ME HOME Place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When the pan is hot, sear the steak fat-side down for 3-5 minutes until crispy. Then, fry for 2-4 minutes per side (this time frame may depend on the thickness of the steak), or until cooked to your preference. During the final 1-2 minutes, baste with a knob of butter. Remove from the pan and rest for 5 minutes before slicing. Lightly season the slices.

3. ALL TOGETHER NOW When the bulgur is cooked, add the rinsed green leaves, ½ the cheese ribbons, ½ the chopped parsley, the juice of 1 lemon wedge, the lemon zest, the diced tomato, seasoning, and a generous drizzle of oil to the bowl. Toss until fully combined. Set aside. Loosen the balsamic reduction with a splash of water, a drizzle of oil and a squeeze of lemon juice.

4. FRESH & FANTASTIC Make a bed of the loaded bulgur salad. Top with the sliced steak and the remaining cheese ribbons. Drizzle over the balsamic dressing. Garnish with the remaining parsley and a lemon wedge. Buon appetito, Chef!

Nutritional Information

Per 100g

Energy	690kj
Energy	165kcal
Protein	11.4g
Carbs	17g
of which sugars	3g
Fibre	3.3g
Fat	3.4g
of which saturated	1.3g
Sodium	51mg

Allergens

Egg, Gluten, Dairy, Wheat, Sulphites

Cook
within
4 Days