

UCOOK

Herby-butter Beef Steak

with fresh green leaves, butternut half-moons & chilli flakes

Butter-basted steak is always a winner, but add some grated garlic, chilli for kick & earthy chopped herbs - and you've got a culinary victory cooking in your kitchen, Chef! The juicy beef is sided with an oven-roasted butternut & onion medley, freshly dressed green and a creamy crème fraîche sauce. It doesn't get better than this!

Hands-on Time: 30 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Megan Bure

 Carb Conscious

 Paserene | Midnight Cabernet Sauvignon

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Ingredients & Prep

750g	Butternut <i>deseeded, peeled (optional) & cut into half-moons</i>
2	Onions <i>1½ peeled & cut into wedges</i>
30g	Sunflower Seeds
24g	Mixed Herbs <i>(12g Fresh Mint & 12g Fresh Parsley)</i>
60ml	Crème Fraîche
30ml	Lemon Juice
60g	Green Leaves <i>rinsed</i>
480g	Free-range Beef Sirloin
2	Garlic Cloves <i>peeled & grated</i>
30ml	Dried Chilli Flakes

From Your Kitchen

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

1. I SEE, A HALF-MOON ARISIN' Preheat the oven to 200°C. Spread out the butternut half-moons and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven for 35-40 minutes until cooked through and golden, flipping halfway.

2. SOME SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool. Finely chop the mixed herbs.

3. PREP STEP In a small bowl, combine the crème fraîche, the lemon juice (to taste), and seasoning. Loosen with water in 10ml increments until a drizzling consistency. Set aside. Just before serving, dress the rinsed green leaves with a drizzle of olive oil and seasoning.

4. BUTTER-BASTED SIRLOIN When the butternut & onion have 10 minutes remaining, return the pan to a medium-high heat with a drizzle of oil. Pat the sirloin dry with paper towel. When the pan is hot, sear the sirloin, fat-side down, for 3-5 minutes until crispy. Then, fry for 2-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the sirloin). During the final minute, baste with a knob of butter, the grated garlic, the chilli flakes (to taste), and ½ the chopped herbs. Remove from the pan, reserving any pan juices, and rest for 5 minutes before slicing. Lightly season.

5. A GREAT-LOOKING PLATE Plate up the roasted veg. Side with the fillet slices, drizzled with any reserved pan juices, and the dressed green leaves. Sprinkle over the toasted seeds and the remaining herbs. Drizzle over the crème fraîche sauce. Dive in, Chef!



Chef's Tip

If you have an air fryer, why not use it to cook the butternut & onion? Coat in oil, season, and pop in the air fryer at 200°C. Cook for 20-25 minutes or until cooked through and crispy.

Nutritional Information

Per 100g

Energy	507kJ
Energy	121kcal
Protein	7.7g
Carbs	8g
of which sugars	2g
Fibre	1.8g
Fat	4g
of which saturated	1.6g
Sodium	22mg

Allergens

Dairy, Allium

Cook
within
4 Days