

UCOOK

Beef Sirloin & Asian Slaw Salad

with toasted peanuts & fresh chilli


This dish is bursting with bold flavours, from the juicy seared sirloin steak to the charred corn, crunchy cabbage, and grated carrot. Tossed together with a tangy & sweet Asian dressing consisting of soy sauce, kewpie mayo, and sesame oil. Finished off with a sprinkle of toasted sesame seeds & chopped peanuts for added crunch. Don't forget the sliced chilli for a bit of extra heat!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Rhea Hsu

 Carb Conscious

 Strandveld | Grenache

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Ingredients & Prep

15ml	Mixed Sesame Seeds
150g	Corn
480g	Free-range Beef Sirloin
15ml	NOMU Oriental Rub
150ml	Asian Dressing <i>(60ml Kewpie Mayo, 45ml Low Sodium Soy Sauce, 15ml Sesame Oil & 30ml Rice Wine Vinegar)</i>
300g	Cabbage <i>finely sliced</i>
240g	Carrot <i>¾ peeled & cut into matchsticks or grated</i>
60g	Green Leaves <i>rinsed & sliced</i>
12g	Fresh Coriander <i>rinsed & picked</i>
30g	Peanuts <i>roughly chopped</i>
1	Fresh Chilli <i>de-seeded & thinly sliced</i>

From Your Kitchen

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

1. SIMPLY SESAME Place the sesame seeds in a pan over a medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

2. CORN YOU BELIEVE IT? Return the pan to a high heat with a drizzle of oil. When hot, add the corn and fry until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

3. THE STEAKS ARE HIGH Return the pan to a medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter (optional) and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. EVERYTHING ASIAN SALAD In a salad bowl, combine the Asian dressing with a sweetener (to taste) and seasoning. Toss through the charred corn, the sliced cabbage, the grated carrot or carrot matchsticks, the sliced green leaves, ½ the picked coriander, ½ the toasted sesame seeds, and ½ the chopped peanuts.

5. RAINBOW ON A PLATE Plate up the Asian slaw salad. Top with the juicy steak slices. Sprinkle over the remaining chopped peanuts and toasted sesame seeds. Garnish with the remaining picked coriander and the sliced chilli (to taste). Delish, Chef!

Nutritional Information

Per 100g

Energy	611kj
Energy	146kcal
Protein	8.6g
Carbs	6g
of which sugars	2.4g
Fibre	1.8g
Fat	4.4g
of which saturated	0.9g
Sodium	182mg

Allergens

Egg, Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Soy

Cook
within
4 Days