



UCCOOK

Roast Pumpkin Salad & Beef Sirloin

with sweet bell pepper

Hands-on Time: 35 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	384kj	2047kj
Energy	92kcal	489kcal
Protein	8g	42.9g
Carbs	5g	26g
of which sugars	2g	10g
Fibre	1g	8g
Fat	2.4g	12.7g
of which saturated	1.1g	5.7g
Sodium	51.1mg	272.2mg

Allergens: Cow's Milk

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Pumpkin Chunks
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into bite-sized pieces</i>
480g	640g	Beef Sirloin
15ml	20ml	Dried Thyme
60g	80g	Green Leaves <i>rinse</i>
30ml	40ml	Lemon Juice
45g	60g	Danish-style Feta <i>drain</i>

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. PUMPKIN & PEPPERS Preheat the oven to 200°C. Spread the pumpkin on a roasting tray. Lightly coat in cooking spray and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). At the halfway mark, add the bell pepper, and roast for the remaining time. Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. THYME FOR STEAK Place a pan over medium-high heat and lightly add cooking spray. 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, spice with the thyme. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. ZESTY ROAST To a bowl, add the roast veg, the lemon juice, the leaves, and seasoning.

4. DINNER = DONE Dish up the roast veg salad, crumble over the feta, and side with the sliced meat.