



UCCOOK

Cherry Sauce & Beef Sirloin

with creamy mashed potatoes

You don't have to wait until the holidays to enjoy cherries, red wine & walnuts, Chef! Our gift to you is this inviting recipe, which features seared beef sirloin wrapped up in a red wine, rosemary, honey, balsamic vinegar & crushed cherries sauce. Continuing the decadence is a cheesy potato mash with a feta & greens salad.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

Adventurous Foodie

Paul Cluver | Sauvignon Blanc

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

200g	Potato Chunks
30ml	Grated Italian-style Hard Cheese
10g	Walnuts <i>roughly chop</i>
5ml	Cornflour
50g	Cherries
80ml	Wine Sauce <i>(15ml Balsamic Vinegar, 50ml Red Wine & 15ml Honey)</i>
3g	Fresh Rosemary <i>rinse</i>
5ml	Lemon Juice
20g	Salad Leaves <i>rinse</i>
30g	Danish-style Feta <i>drain</i>
160g	Free-range Beef Sirloin

From Your Kitchen

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

1. CHEESY MASH Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional), the grated cheese, and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. TOASTED NUTS Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CHERRY SAUCE In a small bowl, add 5ml of cold water and the cornflour. Mix until there are no lumps. Return the pan used for the nuts to medium heat. Add the cherries, the wine sauce, 5ml of sweetener, the cornflour slurry, and the rinsed rosemary sprigs. Using a fork, lightly crush the cherries to break their skins. Simmer until thickening, 4-5 minutes. Remove from the heat, discarding the used rosemary sprigs, and stir through a knob of butter. Set aside and cover.

4. ZESTY FETA SALAD In a salad bowl, combine the lemon juice (to taste), a drizzle of olive oil, a sweetener (to taste), and seasoning. Just before serving, add the rinsed green leaves and the toasted walnuts. Crumble in the drained feta and toss until combined.

5. BEEFY Place a clean pan over 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

6. WOW, THAT LOOKS GOOD Plate up the creamy mash. Side with the beef slices doused in the cherry sauce. Serve with the feta salad and dig in, Chef!

Nutritional Information

Per 100g

Energy	637kJ
Energy	152kcal
Protein	9.1g
Carbs	11g
of which sugars	5.3g
Fibre	0.8g
Fat	4.7g
of which saturated	1.8g
Sodium	494mg

Allergens

Egg, Sulphites, Tree Nuts, Alcohol, Cow's Milk

Eat
Within
3 Days