

UCOOK

Classic Beef Béarnaise

with sweet potato wedges & fresh green leaves


Succulent sirloin steak covered in a creamy béarnaise sauce, this plate is straight from food heaven. To make it even more delicious, this decadent dish is sided with roasted sweet potato wedges for crunch and a simple salad for freshness and texture. Get ready for the compliments, Chef!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Adventurous Foodie

 Leopard's Leap | Cabernet Sauvignon

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Ingredients & Prep

| | |
|-------|--|
| 250g | Sweet Potato <i>cut into thin wedges</i> |
| 60ml | Wine & Vinegar <i>(30ml Red Wine Vinegar & 30ml White Wine)</i> |
| 2,5ml | Dried Tarragon |
| 1 | Onion <i>¼ peeled & roughly diced</i> |
| 160g | Free-range Beef Sirloin |
| 50g | Butter <i>cut into 1cm cubes & kept chilled</i> |
| 20g | Green Leaves |
| 100g | Cucumber <i>cut into half-moons</i> |
| 80g | Baby Tomatoes <i>cut in half</i> |
| 50g | Danish-style Feta <i>drained & crumbled</i> |
| 4g | Fresh Chives <i>rinsed & finely chopped</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Tinfoil
Paper Towel
Butter
Egg/s

1. WONDERFUL WEDGES Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. ADD SOME VINO Place a pan over high heat with the wine & vinegar, the dried tarragon, and the diced onion. Leave to reduce until almost all the liquid has evaporated. Immediately remove from the heat and stir in a small splash of water. Remove from the pan and set aside to cool.

3. THE STAR OF THE SHOW When the sweet potato has 15 minutes remaining, return the pan to 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, or until cooked to your preference (this time may depend on the thickness of the steak). During the final 1-2 minutes, baste with a knob of butter. Place in a piece of tinfoil and pour in the pan juices. Close up tightly and set aside to rest for 5 minutes before thinly slicing. Lightly season the slices.

4. BUTTERY GOODNESS Ready 2 heat-proof bowls. Place a clean pot over medium-low heat and cover the base with 2cm of water. Keep a close eye on the water - it must never boil but only gently simmer! Place one of the heat-proof bowls over the pot of water. Add 1 egg yolk and the reduced wine & vinegar mixture. Whisk in a cube of butter at a time, whisking constantly and only adding the next cube when the previous cube has melted. As you add more butter, the sauce will start to thicken. When all the butter has been added, remove from the heat and pour the sauce into the second heat-proof bowl. Continue whisking until the sauce has thickened enough to coat the back of a spoon. Season to taste.

5. GIVE YOUR PLATE SOME COLOUR In a bowl, combine the rinsed green leaves, the cucumber half-moons, the halved baby tomatoes, the crumbled feta, a drizzle of oil, and seasoning.

6. MADE BY A MASTER CHEF Serve the steak slices with the golden sweet potato wedges. Side with the fresh salad. Pour the béarnaise sauce over the steak slices and garnish with the chopped chives. Well done, Master Chef!



Chef's Tip

If you notice your sauce is starting to split, either whisk in another egg yolk or slowly whisk in hot water. Vigorously whisk the sauce until it comes back together!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 570kj |
| Energy | 136kcal |
| Protein | 6g |
| Carbs | 7g |
| of which sugars | 2.7g |
| Fibre | 1.3g |
| Fat | 7.6g |
| of which saturated | 4.1g |
| Sodium | 123mg |

Allergens

Dairy, Allium, Sulphites, Alcohol

Cook
within
4 Days