



# UCCOOK

## Nitída's Beef Sirloin

with a Bordelaise-style sauce & roasted veg

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Nitída Winery

**Wine Pairing:** Nitída | Calligraphy Bordeaux blend

Nutritional Info	Per 100g	Per Portion
Energy	464kj	3404kj
Energy	111kcal	814kcal
Protein	7.1g	51.9g
Carbs	10g	76g
of which sugars	1.5g	10.7g
Fibre	1.5g	11g
Fat	2.4g	17.6g
of which saturated	0.9g	6.9g
Sodium	376mg	2759mg

**Allergens:** Cow's Milk, Allium, Sulphites, Alcohol

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Butternut Chunks <i>cut into bite-sized pieces</i>
200g	400g	Potato <i>rinse, peel (optional) &amp; cut into bite-sized pieces</i>
10g	20g	Pumpkin & Sunflower Seed Mix
100g	100g	Leeks
10ml	20ml	Cornflour
5ml	10ml	Dried Herbs <i>(5ml [10ml] Dried Thyme &amp; 1 Bay Leaf)</i>
50ml	100ml	Red Wine
1	1	Beef Stock
160g	320g	Beef Sirloin
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
50g	100g	Cucumber <i>rinse &amp; roughly dice</i>
20g	40g	Danish-style Feta <i>drain &amp; crumble</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter

**1. BUTTERNUT & POTATO** Preheat the oven to 200°C. Spread the butternut and potato pieces out on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. TOASTED SEEDS** Place the seed mix in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. LEEKS & PASTE** Trim and cut the leeks lengthways. Thoroughly rinse and finely slice ½ *[the]* leeks. Place the cornflour in a small bowl and gradually mix in 5ml of the water until a runny paste. Set aside.

**4. HERB-INFUSED STOCK** Boil the kettle. Return the pan to medium-high heat with a drizzle of oil. When hot, add the leeks and fry until softened, 3-4 *[4-5]* minutes (shifting occasionally). Add the dried herbs and the red wine and simmer until the wine is reduced by half, 1-2 minutes. Add the stock and 100ml *[200ml]* of boiling water. Bring to a simmer. Stir through the cornflour slurry and a sweetener (to taste). Simmer until slightly thickened, 1-2 minutes. Remove from the pan and stir through a knob of butter. Remove and discard the bay leaf. Season and cover.

**5. BUTTERY, SEARED STEAK** 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. FETA SALAD** To a salad bowl, add the salad leaves, the cucumber, ½ the feta, a drizzle of olive oil and some seasoning. Toss well and set aside.

**7. DELICIOUS** Plate up the juicy steak and pour over the sauce. Side with the salad and the roasted veg. Finish with a garnishing of the remaining feta and the nuts. Yum, dinner is ready, Chef!