



UCOOK

Sirloin Tagliata

with homemade basil pesto & gem squash mash

Rare beef sirloin thinly sliced and served with a crunchy radish and marinated tomato salad, gem squash mash and dollops of pesto. Oh yes, and to top it all off, sprinklings of parmesan and toasty seeds.

Hands-On Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Alex Levett

 **Health Nut**

 **No paired wines**

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Ingredients & Prep

2	Gem Squash
10ml	Balsamic Dressing <i>(7,5ml Balsamic Vinegar & 2,5ml Honey)</i>
1	Salad Tomato <i>rinsed, sliced into thick rounds & quartered</i>
15g	Sunflower Seeds
1	Garlic Clove <i>peeled & grated</i>
10g	Fresh Basil <i>rinsed</i>
20ml	Grated Italian-style Hard Cheese
160g	Free-range Beef Sirloin
5ml	NOMU One For All Rub
20g	Green Leaves <i>rinsed</i>
20g	Radish <i>rinsed & sliced into thin rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk (optional)
Blender
Paper Towel
Butter (optional)

1. GEM MASH Boil the kettle. Place the gem squash in a pot, fully submerge in water, and place over a high heat. Once boiling, cook for 20-25 minutes until easily pierced with a knife. Remove from the pot on completion and halve — hold the squash with a clean dish towel so as not to burn yourself! Scoop out the seeds and discard, then scoop out the flesh and place in a bowl. Add in some seasoning and a knob of butter (optional) or a drizzle of oil. Mash with a fork until smooth and the butter, if used, has melted. If it's too thick, add some water or milk. Return to the pot, cover, and set aside

2. MARINATE THE TOMATOES In a bowl combine the balsamic dressing and ½ a tbsp of oil. Toss through the sliced tomatoes, season, and set aside to marinate.

3. WARM, SUNNY SEEDS Place a pan over a medium heat. When hot, toast the sunflower seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

4. WHIZZ UP THE PESTO Return the pan to a medium heat with a drizzle of oil. When hot, fry the grated garlic for 30-60 seconds until fragrant, shifting constantly. Place in a pestle and mortar (if you have one) or blender. Set aside a few rinsed basil leaves for garnish. Roughly chop the rest (stalks and all) and add to the pestle and mortar or blender. Add a pinch of salt, ¾ of the hard cheese, ⅔ of the sunflower seeds, and 40ml of olive oil. Crush or blend until a chunky pesto forms.

5. STEAK TIME! Pat the steak dry with paper towel. Return the pan to a medium-high heat with another drizzle of oil. When hot, sear the steak fat-side down for 3-5 minutes until crispy. Then fry for 2-3 minutes per side or until cooked to preference (this time frame may depend on the thickness of the steak). During the final 1-2 minutes, baste with a knob of butter (optional) and the One For All Rub to taste. Remove from the pan and allow to rest for 5 minutes. Drain the tomatoes, reserving the dressing, and set aside for plating. Toss the rinsed green leaves with the dressing to taste. Thinly slice the steak and lightly season.

6. A STYLISH DINNER PLATE Lay out the steak slices, dollop with basil pesto, and side with spoonfuls of gem squash mash. Pile up the leaves, tomatoes and sliced radish. Sprinkle over the remaining sunflower seeds, cheese and basil. Yum!



Chef's Tip

If you like a stronger garlic flavour, skip frying it and add the garlic in fresh when making the pesto. No blender? Simply chop all the ingredients very finely and vigorously mix them with the oil.

Nutritional Information

Per 100g

Energy	364kj
Energy	87Kcal
Protein	6.8g
Carbs	4g
of which sugars	1.5g
Fibre	1.3g
Fat	2.7g
of which saturated	0.7g
Sodium	44mg

Allergens

Egg, Dairy, Allium, Sulphites

Cook
within
4 Days