



UCOOK

Balsamic Brown Sugar Steak

with a beetroot & goat's cheese salad


This is the knock-your-socks-off seared steak recipe you've been looking for. Tender sirloin steak is basted in a spicy & sweet balsamic glaze that ticks all the umami boxes. Served alongside a roasted beetroot & creamy goat's cheese salad sprinkled with salty & nutty pistachios. Where'd your socks go?


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Adventurous Foodie

 Waterkloof | Circumstance Cabernet Franc

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Ingredients & Prep

300g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized pieces</i>
40ml	Brown Sugar
20ml	Balsamic Vinegar
1	Chilli. <i>¼ rinsed, deseeded & finely sliced</i>
1	Garlic clove <i>peeled & grated</i>
10g	Pistachio Nuts
160g	Free-range Beef Sirloin
20g	Green Leaves <i>rinsed</i>
20g	Dried Apricots <i>roughly chopped</i>
25g	Chevin Goat's Cheese
3g	Fresh Parsley <i>rinsed & picked</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. UN-BEET-ABLE ROAST Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. GLAZE WITH A KICK In a small bowl, combine the brown sugar, the balsamic vinegar, the sliced chilli (to taste), 30ml of water, and the grated garlic. Set aside.

3. NUTS ABOUT PISTACHIOS Place the chopped pistachios in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. STEAK YOUR CLAIM Place a 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). Remove the steak and reserve the juices in the pan.

5. ALL ABOUT THE BASTE When the beetroot has 10 minutes remaining, return the pan to medium-low heat with the reserved pan juices. Add the balsamic-sugar glaze. Simmer until starting to thicken, 5-6 minutes. Once thickened, return the steak back to the pan and baste in the sauce until cooked to your preference, 1-2 minutes. Remove from the pan and set aside to rest for 5 minutes, reserving the glaze. Slice and lightly season.

6. JUST BEFORE SERVING In a salad bowl, combine the cooked beetroot, the rinsed green leaves, the toasted pistachios, the chopped apricots, a drizzle of olive oil, and seasoning.

7. TIME TO MUNCH Plate up the beetroot salad and crumble over the goat's cheese. Side with the glazed rump slices and drizzle over the reserved glaze (to taste). Garnish with the picked parsley. Well done, Chef!

Nutritional Information

Per 100g

Energy	565kJ
Energy	135kcal
Protein	8.1g
Carbs	13g
of which sugars	9g
Fibre	2.1g
Fat	3.2g
of which saturated	1.3g
Sodium	87mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days