



UCOOK

Sumptuous Sirloin & Rustic Mash

with edamame beans & chimichurri

Tender sirloin is adorned in a garlic butter basting, drizzled with chimichurri and served alongside a rustic potato mash. Sided with a flavoursome edamame and baby tomato salad. Topped with ribbons of Italian-style cheese - it's a glorious taste sensation you will never forget!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

Adventurous Foodie

 Neil Ellis Wines | Neil Ellis Stellenbosch
Cabernet Sauvignon 2020

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Ingredients & Prep

200g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
80g	Baby Tomatoes <i>rinse & cut in half</i>
15ml	Lemon Juice
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>
40g	Edamame Beans
1	Garlic Clove <i>peel & grate</i>
160g	Free-range Beef Sirloin
15g	Italian-style Hard Cheese <i>peel into ribbons</i>
20g	Salad Leaves <i>rinse</i>
15ml	Pesto Princess Chimichurri Sauce

From Your Kitchen

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

1. ROAST & MARINATE Boil the kettle. Preheat the oven to 200°C. Spread the potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through, 30-35 minutes (shifting halfway). Place the halved baby tomatoes in a bowl with a drizzle of oil, the lemon juice, ½ of the chopped parsley, and seasoning. Toss to combine.

2. EASY EDAMAME Submerge the edamame beans in salted boiling water until plumped, 3-4 minutes. Drain and add to the bowl of tomatoes.

3. TIME TO FRY Place 10g of butter in a microwave safe bowl and melt in the microwave until liquid. Alternatively, melt in a pan on the stove. Combine the melted butter with the grated garlic and seasoning. When the potatoes have 8-10 minutes remaining, place a pan over medium-high heat with a drizzle of oil. Pat the sirloin dry with paper towel. Brush the steak with the garlic butter. 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 from the pan, reserving the pan juices, and rest for 5 minutes before slicing and seasoning.

4. SMASH & ASSEMBLE When the potatoes are soft and golden, mash in a bowl with a knob of butter until a chunky mash and season. Just before serving, toss the cheese ribbons and the rinsed salad leaves through the tomato salad until well combined. Add a drizzle of olive oil and seasoning. Loosen the chimichurri with olive oil in 5ml increments until drizzling consistency.

5. DELECTABLE DINNER Plate up the potato mash and top with the sliced sirloin. Drizzle the chimichurri over the steak and side with the bean and tomato salad. Garnish with the remaining chopped parsley. Yes please!



Chef's Tip

Air fryer method: Coat the potato pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	500kj
Energy	119kcal
Protein	9.1g
Carbs	9g
of which sugars	0.9g
Fibre	1.6g
Fat	3.2g
of which saturated	0.9g
Sodium	62mg

Allergens

Egg, Allium, Sulphites, Soy, Cow's Milk

Eat
Within
3 Days