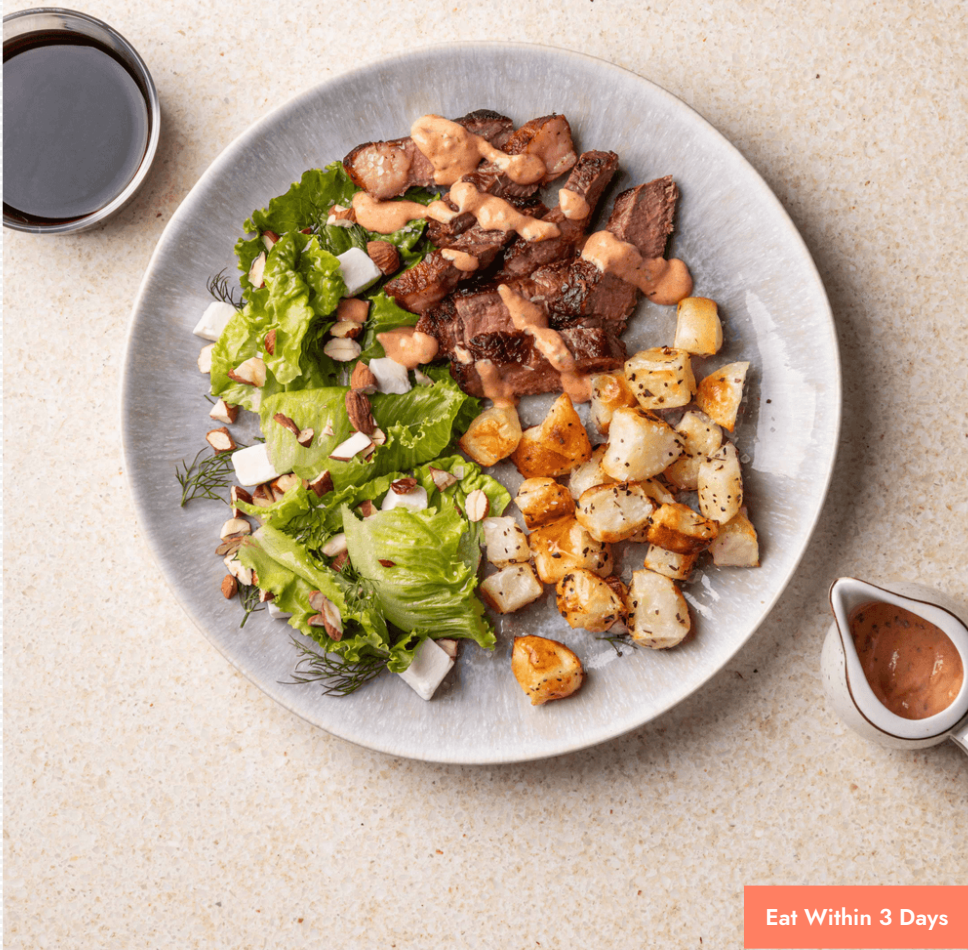




UCCOOK

Muratie's Rustic Beef Sirloin Feast

with potato chunks

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Muratie Winery

Nutritional Info	Per 100g	Per Portion
Energy	619kJ	2946kJ
Energy	148kcal	705kcal
Protein	10g	47.7g
Carbs	9g	41g
of which sugars	1.2g	5.9g
Fibre	1.2g	5.8g
Fat	5.2g	24.8g
of which saturated	1.6g	7.7g
Sodium	110mg	524mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato Chunks
5ml	10ml	Dried Oregano
10g	20g	Almonds <i>roughly chop</i>
160g	320g	Beef Sirloin <i>pat dry with paper towel</i>
50ml	100ml	Pesto Yoghurt <i>(40ml [80ml] Low Fat Plain Yoghurt & 10ml [20ml] Pesto Princess Sun-dried Tomato Pesto)</i>
20g	40g	Green Leaves <i>rinse & roughly chop</i>
20g	40g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

1. CRISPY POTATO Coat the potato in oil, oregano and some seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Alternatively, preheat the oven to 200°C and roast for 25-30 minutes (shifting occasionally).

2. BUTTER-BASTED STEAK Place a pan over medium-high heat. Toast the almonds until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium heat with a drizzle of oil. 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.

3. PESTO-YOGHURT In a small bowl, add the pesto yoghurt and loosen with water in 5ml increments, until a drizzling consistency.

4. THE DEFINITION OF DELISH Plate up the green leaves, topped with the feta, the almonds and a drizzle of olive oil. Side with the crispy potatoes and beef slices. Drizzle over the pesto yoghurt. Dig in, Chef!