



UCOOK

Beef Sirloin & Blueberry Glaze

with potato wedges, a cucumber salad & a red wine dressing

No need to order an Uber, date night is happening at home! Juicy beef sirloin steak slices are smothered in a red wine blueberry & balsamic glaze. Served with potato wedges and a side salad dotted with pops of blueberry & crunchy walnuts.

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Rhea Hsu

Adventurous Foodie

Deetlefs Wine Estate | Deetlefs Estate Pinotage

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

600g	Potato <i>rinse & cut into wedges</i>
15ml	NOMU Provençal Rub
3 units	Blueberries
225ml	Wine Sauce <i>(150ml Red Wine, 45ml Balsamic Vinegar & 30ml Honey)</i>
2	Garlic Cloves <i>peel & grate</i>
8g	Fresh Rosemary <i>rinse</i>
30g	Walnuts <i>roughly chop</i>
480g	Free-range Beef Sirloin
150g	Cucumber <i>rinse & cut into half-moons</i>
60g	Green Leaves <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. LIVING ON THE WEDGE Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Remove from the oven and sprinkle over the NOMU rub. Toss until combined.

2. GLAZED OVER In a small saucepan, add ¾ of the blueberries, a sweetener (to taste), ¾ of the wine sauce, the grated garlic, and ½ the rinsed rosemary. Using a potato masher or fork, lightly crush the blueberries to break their skins. Place over medium heat and simmer until slightly reduced, 6-7 minutes. Set aside and cover to keep warm.

3. SOME CRUNCH FOR THE MUNCH Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. STEAK Return the pan to 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 the remaining rosemary, and a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. SUAVE SALAD In a salad bowl, combine the cucumber half-moons, the rinsed green leaves, the remaining blueberries, and the toasted walnuts. Add the remaining wine sauce, a drizzle of olive oil, and seasoning. Toss until coated.

6. QUICK REHEAT While the steak is resting, return the saucepan with the blueberry glaze to medium heat and bring to a simmer. Remove the rosemary stalks and discard. Loosen with a splash of water if necessary, and season.

7. SERVICE, PLEASE! Plate up the steak slices and drizzle over the blueberry glaze. Side with the potato wedges and the dressed salad. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the potato wedges in oil and season. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	479kJ
Energy	115kcal
Protein	6.9g
Carbs	11g
of which sugars	4.5g
Fibre	1.5g
Fat	2.3g
of which saturated	0.5g
Sodium	31mg

Allergens

Allium, Sulphites, Tree Nuts, Alcohol, Cow's Milk

Eat
Within
4 Days