



# U C O O K

— COOKING MADE EASY

## SIZZLING SIRLOIN & CHAKALAKA

with creamy polenta & Italian hard  
cheese

Enhancing a local favourite with a cut of tender, juicy sirloin, luxuriously cheesy polenta, the nostalgia of spicy chakalaka sauce, and a peppery rocket salad. This jazzy dinner is chaka-lekker!

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**Prep + Active Time:** 20 minutes

**Total Cooking Time:** 30 minutes

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 **Serves:** 1 person

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 **Chef:** Lauren Todd

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 **Easy Peasy**

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## Ingredients

1	Onion
	<i>one half peeled &amp; thinly sliced</i>
1	Garlic clove
	<i>peeled &amp; grated</i>
1	Chilli
	<i>deseeded &amp; finely chopped</i>
200g	Baby Tomatoes
	<i>rinsed &amp; halved</i>
5ml	Curry Powder
5ml	Vegetable Stock
160g	Free-Range Beef Sirloin
100ml	Polenta
50ml	Fresh Cream
30ml	Grated Parmesan
20g	Green Leaves
	<i>rinsed</i>

## From Your Kitchen

Oil (cooking, olive & coconut)  
Sugar/Sweetener/Honey  
Tin foil  
Paper Towel  
Salt & Pepper  
Butter (optional)



### CHEF'S TIP

Polenta is best served while it's piping hot. So be ready to eat immediately!

## 1. CHAKALAKA SAUCE

Place a large pot over a medium heat with a drizzle of oil. When hot, fry the sliced onion for 1-2 minutes until soft and translucent, shifting occasionally. Add the grated garlic, chopped chilli to taste, and curry powder to taste. Fry for a further 30-60 seconds until fragrant, stirring constantly so the curry powder doesn't burn. Add in three-quarters of the halved tomatoes and fry for another 2-4 minutes until they begin to soften. Add the stock powder and 50ml of water and bring to a simmer. Taste to test and add in some more curry powder if you'd prefer it spicier. Allow the sauce to reduce and thicken for 3-5 minutes. Add some sweetener of choice and seasoning to taste. On completion, remove from the pot and place in a bowl. Cover with a plate to keep warm and set aside for serving. Boil the kettle.

## 2. STEAK

Place a nonstick pan over a medium-high heat with a drizzle of oil. Pat the steak dry with some paper towel and season. When the pan is hot, sear the steak fat-side down for 3-5 minutes until the fat is crispy. Then, cook each side for 2-4 minutes for a medium-rare result, or until cooked to your preference. (The time this takes will depend on the thickness of the steak.) In the final 1-2 minutes, baste the steak with a knob of butter. Remove from the pan, wrap in tin foil, and allow it to rest while you get the polenta going.

## 3. CREAMY, DREAMY POLENTA

Wipe down the pot and return to a high heat. Pour in 500ml of boiled water and add half a tsp of salt. Once boiling, slowly whisk in the polenta, stirring constantly until there are no lumps. Reduce to a low heat and cook for 5-8 minutes, whisking regularly, until the polenta is soft and the texture is thick and creamy. When the polenta is too thick to whisk, use a wooden spoon to stir while it continues to cook. Turn off the heat, add a knob of butter, the grated Italian hard cheese and the cream. Stir until melted and silky smooth. Season to taste.

## 4. ROCKET SALAD

Toss the rinsed leaves together with the remaining tomatoes and a drizzle of oil. Thinly slice the steak and lightly season the slices.

## Nutritional Information

Per 100g

## 5. GRUBS UP

Energy (kJ) 4238

Display the creamy polenta and sirloin steak slices and side with the salad. Top the steak slices with the delicious chakalaka sauce. Time to dig in, Chef!

Total Fat 13

Fat 34

of which saturated 16

Salt 2

Cook within: 4 days

Allergens: Egg Gluten Dairy Allium Sulphites

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