



UCCOOK

Baked Beef Potacos

with spring onion & corn

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

| Nutritional Info | Per 100g | Per Portion |
|--------------------|-----------|-------------|
| Energy | 503.4kJ | 3239.8kJ |
| Energy | 120.5kcal | 775.3kcal |
| Protein | 7.9g | 51g |
| Carbs | 10.4g | 67.2g |
| of which sugars | 2.5g | 16.3g |
| Fibre | 1.5g | 9.6g |
| Fat | 3.3g | 21.3g |
| of which saturated | 1.1g | 7.2g |
| Sodium | 99.3mg | 638.8mg |

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 200g | 400g | Potato <i>rinse & halve</i> |
| 15ml | 30ml | Lime Juice |
| 1 | 1 | Garlic Clove <i>peel & grate</i> |
| 7,5ml | 15ml | Spice Mix <i>(5ml [10ml] Old Stone Mill Mexican Spice, & 2.5ml [5ml] Ground Cumin)</i> |
| 50g | 100g | Corn |
| 5g | 10g | Fresh Basil <i>rinse, pick & roughly tear</i> |
| 1 | 1 | Tomato <i>rinse & roughly dice</i> |
| 1 | 1 | Spring Onion <i>rinse, trim & finely slice</i> |
| 20ml | 40ml | Vinaigrette <i>(10ml [20ml] Balsamic Vinegar, 5ml [10ml] Wholegrain Mustard & 5ml [10ml] Honey)</i> |
| 20ml | 40ml | Pesto Princess Chimichurri Sauce |
| 30g | 60g | Grated Mozzarella Cheese |
| 160g | 320g | Beef Sirloin |

From Your Kitchen

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

1. BAKED POTATO Preheat the oven to 200°C. Spread the potato halves on a roasting tray, skin-side down. Coat in oil and season. Roast in the hot oven until crispy, 40-45 minutes (shifting halfway).

2. MARINADE In a bowl, combine the lime juice, the garlic, the spice mix, a drizzle of olive oil, and seasoning. Set aside.

3. CHARRED CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan.

4. COLOURFUL SALAD In a bowl, combine the corn, basil, tomato, spring onion, vinaigrette, a drizzle of olive oil, and seasoning.

5. CHEESY LOADED POTATO Once the potato is cooked, carefully spoon the flesh into a bowl without breaking the skin and fluff with a fork. Mix in a small knob of butter, ½ the chimichurri, the grated cheese, and seasoning, and return to the skins. Pop the filled potato back in the hot oven before serving.

6. MMMARINADE Pat the steak dry with paper towel. Return the pan to medium-high heat with a drizzle of oil. 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 a knob of butter and the marinade. Remove from the pan and rest for 5 minutes before slicing and seasoning.

7. SIMPLY UNBEATABLE Plate up the loaded potato halves and serve the steak slices alongside. Drizzle over the remaining chimichurri. Side with the salad.