

UCOOK

Sirloin Steak Sensation

with roasted aubergine, fluffy quinoa & red pepper pesto

This 'bliss bowl' will blow you away! Succulent oregano-infused beef, crispy kale, roast aubergine, and tomatoes marinated in tahini vinaigrette, all laid out next to one another on a bed of fragrant quinoa and drizzled with red pesto.

Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett

♥ Health Nut

🍷 Fat Bastard | The Golden Reserve

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

Ingredients & Prep

250g	Aubergine <i>rinsed, trimmed & cut into bite-size chunks</i>
50g	Kale <i>rinsed & roughly shredded</i>
75ml	Quinoa
5ml	Vegetable Stock
10g	Sunflower Seeds
20ml	Pesto Princess Red Pepper Pesto
1	Tomato <i>diced</i>
15ml	Tahini
15ml	White Wine Vinegar
160g	Free-range Beef Sirloin
4g	Fresh Oregano <i>rinsed & picked</i>

From Your Kitchen

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

1. VIBRANT VEG Preheat the oven to 220°C. Spread out the aubergine chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes. Place the shredded kale in a bowl with a drizzle of oil and some seasoning. Using your hands, massage until softened and coated. Set aside for step 4.

2. COOK THE QUINOA Rinse the quinoa and place in a pot. Submerge in 200ml of water and stir through the stock. Place over a medium-high heat and bring to a simmer uncovered. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water if required during the cooking process. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

3. SEEDS, PESTO & TOMATOES Place the seeds in a pan over a medium heat. Toast for 2-4 minutes until browned, shifting occasionally. Remove from the pan and set aside to cool. Combine the pesto with 1 tsp of olive oil. Add warm water in 5ml increments until drizzling consistency and set aside for serving. Place the tahini in a bowl, add the white wine vinegar to taste, and seasoning. Loosen with water in 5ml increments until drizzling consistency. Place the tomato rounds in a bowl. Toss through ½ of the tahini dressing and set aside.

4. TIME FOR THE KALE When the aubergine is halfway, give it a shift and scatter over the kale. Return to the oven for the remaining cooking time until the kale is crispy and the aubergine is soft. On completion, drizzle over the remaining tahini dressing and toss to coat.

5. SEARED STEAK Pat the steak dry with paper towel. Return the pan to a medium heat with a drizzle of oil. When hot, fry the steak for 8-10 minutes, shifting and turning until cooked to your preference. (The time frame recommended will yield a medium-rare result.) During the final 1-2 minutes, add ¾ of the oregano leaves and baste with a knob of butter or a drizzle of oil. Remove from the pan on completion and set aside to rest for 5 minutes before slicing. Season the slices.

6. PLATE IT UP! Make a bed of quinoa. On top, lay the kale, aubergine, tomatoes, and steak slices alongside one another, “bliss bowl” style. Drizzle with pesto dressing, and garnish with the toasted seeds and remaining oregano leaves. Wow!



Chef's Tip

Kale is high in vitamin C and iron. Vitamin C assists with the absorption and metabolism of iron. A quick massage and a sauté or roast makes it great in stews, salads, and side dishes.

Nutritional Information

Per 100g

Energy	528kj
Energy	126Kcal
Protein	7.9g
Carbs	10g
of which sugars	2.3g
Fibre	2.6g
Fat	4g
of which saturated	0.8g
Sodium	133mg

Allergens

Allium, Sesame, Sulphites, Tree Nuts

Cook
within
4 Days