



UCCOOK

Bulgogi Beef Sirloin & Fries

with smashed cucumber & pickled ginger

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Lauren Nel

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	683kJ	4033kJ
Energy	163kcal	965kcal
Protein	7.5g	44.5g
Carbs	9g	53g
of which sugars	1.8g	10.9g
Fibre	1.2g	7.2g
Fat	8.4g	8.4g
of which saturated	0.8g	4.8g
Sodium	264mg	1559mg

Allergens: Sulphites, Egg, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel (optional) & cut into skinny, 5mm thick chips</i>
5ml	10ml	NOMU Oriental Express
50ml	100ml	Bulgogi Sauce <i>(20ml [40ml] Soy Sauce, 2.5ml [5ml] Sesame Oil, 17.5ml [35ml] BBQ Sauce & 10ml [20ml] Chilli Oil)</i>
160g	320g	Beef Sirloin
1	1	Garlic Clove <i>peel & grate</i>
100g	200g	Cucumber <i>rinse</i>
15ml	30ml	Rice Wine Vinegar
40ml	80ml	Kewpie Mayo
15g	30g	Pickled Ginger <i>drain & roughly chop</i>
2.5ml	5ml	Black Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Rolling Pin

1. FAB FRIES Preheat the oven to 200°C. Generously cover the base of a roasting tray in oil. Add the potato, NOMU rub, season, and toss until coated. Spread out in a single layer and roast in the hot oven until cooked through and crispy, 30-35 minutes. At the halfway mark, gently shift the chips and drain any excess oil. Return to the oven for the remaining roasting time. Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. SEAR THE STEAK Place a pan over 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 bulgogi sauce and garlic. Remove from the pan with all the pan juices and rest for 5 minutes before slicing and seasoning.

3. SMASHED CUCUMBER Using a rolling pin or bottle, smash the cucumber, slice into bite-sized pieces, and add to a bowl. Mix in the vinegar and toss to combine. Season and set aside.

4. TIME TO DINE Dish up the fries and side with the steak slices, pouring all the remaining pan juices over the steak. Top with dollops of the Kewpie mayo. Serve the smashed cucumber on the side and garnish with the pickled ginger and sesame seeds. Dig in, Chef!