



UCOOK

Honeyed Baby Carrots & Beef Sirloin

with herb-crusted feta & a pearl barley salad

Tender beef sirloin is the star of this dish! It is complemented by nutty barley loaded with fresh cucumber, sprinkled with herb-crusted feta, and served with honeyed baby carrots & crunchy almonds.

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Thea Richter

Adventurous Foodie

Doos Wine | Doos Dry Red 3L

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

Ingredients & Prep

150ml	Pearled Barley <i>rinse</i>
10g	Mixed Herbs <i>(5g Fresh Mint & 5g Fresh Dill)</i>
60g	Danish-style Feta <i>drain</i>
240g	Baby Carrots <i>rinse & halve, keeping the stems intact</i>
30g	Almonds <i>roughly chop</i>
30ml	Honey
320g	Beef Sirloin
10ml	NOMU Roast Rub
200g	Cucumber <i>rinse & roughly dice</i>
30ml	Balsamic Vinegar

From Your Kitchen

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

1. BARLEY Place the rinsed pearl barley in a pot with 500ml of salted water. Bring to the boil. Once boiling, reduce the heat and simmer until al dente, 30-35 minutes (stirring occasionally). Drain and cover.

2. PREP Finely chop the mixed herbs and place $\frac{3}{4}$ in a bowl. Add the drained feta to the bowl and toss until coated in the herbs. Set aside.

3. CARROTS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, add the halved baby carrots and a splash of water. Cover with the lid and simmer until softened and the water has evaporated, 5-6 minutes.

4. ALMONDS & HONEY Once the carrots have softened, remove the lid and add a generous knob of butter to the pan. Fry until browned, 3-5 minutes (shifting occasionally). In the final minute, add $\frac{1}{2}$ the chopped almonds. Remove from the heat and toss through the honey. Season and cover to keep warm.

5. SIRLOIN 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 a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

6. SALAD In a bowl, combine the cooked barley, the diced cucumber, the remaining almonds, the remaining herbs, the vinegar, seasoning, and a drizzle of olive oil.

7. TIME TO DINE! Plate up the barley salad and side with the sirloin slices, drizzled with any reserved pan juices. Serve with the honeyed carrots, drizzled with any remaining honey sauce. Sprinkle over the herb-crusted feta and any remaining herbs. There you have it, Chef!

Nutritional Information

Per 100g

Energy	705kJ
Energy	169kcal
Protein	9.8g
Carbs	17g
of which sugars	5g
Fibre	3.2g
Fat	4.6g
of which saturated	1.6g
Sodium	130mg

Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites, Tree Nuts

Eat
Within
4 Days