



UCOOK

Apple & Beef Sirloin Salad

with crispy kale & roasted carrots

The perfect pairing of fresh apple and rosemary butter-infused sirloin steak will be your dinner tonight, Chef! Served with oven-roasted kale & carrot, toasted pecan nuts, ribbons of Italian-style hard cheese, & a balsamic vinegar drizzle. Don't forget to pair your meal with our UCOOK-recommended wine.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Jade Summers

Carb Conscious

KWV - The Mentors | KWV The Mentors
Grenache Blanc

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Ingredients & Prep

480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces on the diagonal</i>
20g	Pecan Nuts
100g	Kale <i>rinse & roughly shred</i>
320g	Free-range Beef Sirloin
5g	Fresh Rosemary <i>rinse</i>
1	Apple <i>rinse, peel, core & thinly slice</i>
20ml	Balsamic Vinegar
40g	Italian-style Hard Cheese <i>peel into ribbons</i>

From Your Kitchen

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

1. GOLDEN CARROT Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. I PE-CAN Place the chopped pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. DRESS THE KALE Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. When the carrots have 10-15 minutes remaining, give the tray a shift and scatter over the dressed kale. Roast for the remaining time.

4. ROSEMARY BUTTER 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 a knob of butter and the rinsed rosemary. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. DELISH DINNER = DONE Make a bed of the crispy kale & golden carrots, and top with the sliced apple. Drizzle the balsamic vinegar over the apple. Scatter over the hard cheese and the toasted nuts. Side with the rosemary-seared beef.

Nutritional Information

Per 100g

Energy	425kJ
Energy	102kcal
Protein	6.7g
Carbs	9g
of which sugars	4.9g
Fibre	2.3g
Fat	3.1g
of which saturated	0.9g
Sodium	43mg

Allergens

Egg, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
5 Days