

Eat Within 4 Days

UCOOK

Blue Cheese Beef Steak

with crispy baby potatoes & a fresh side salad

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Tiisetso Maema

Wine Pairing: Waterkloof | Circumstance Mourvèdre

Nutritional Info	Per 100g	Per Portion
Energy	637kJ	2846kJ
Energy	152kcal	681kcal
Protein	10.2g	45.6g
Carbs	9g	40g
of which sugars	1.4g	6.2g
Fibre	0.8g	3.7g
Fat	5.4g	24.3g
of which saturated	1.8g	8g
Sodium	156mg	696mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potatoes *rinse & cut in half*
5ml	10ml	Dried Oregano
160g	320g	Beef Sirloin
20g	40g	Salad Leaves *rinse*
15ml	30ml	Greek Dressing
20g	40g	Danish-style Feta *drain*
30ml	60ml	Blue Cheese Dressing
5g	10g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)
Paper Towel
Seasoning (salt & pepper)
Water

1. O BABY BABY POTATOES Coat the halved baby potatoes in oil, dried oregano and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Alternatively, preheat the oven to 200°C. Spread the baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. SIZZLING STEAK Place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel and season. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-3 minutes per side (for medium-rare). Remove from the heat and allow the steak to rest for 2-3 minutes before slicing.

3. FETA SALAD In a bowl, combine the salad leaves with the Greek dressing and feta. Season and set aside.

4. FOR THE SOPHISTICATED PALATE Plate up the baby potatoes with the steak alongside them, drizzle the blue cheese dressing over the steak. Add the salad on the side and top with crispy onions. Dinner is ready!