



UCOOK

Sirloin Steak Tagliata

with homemade basil pesto, gem squash mash & hard cheese

Thin slices of rare beef sirloin served on a bed of dressed leaves, gem squash mash, marinated tomatoes, drizzled with homemade pesto and finished off with crispy sunflower seeds and parmesan.

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Alex Levett

 Health Nut

 Lanzerac Estate | Pionier Pinotage

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Ingredients & Prep

3	Gem Squash
20ml	Balsamic Dressing <i>(15ml Balsamic Vinegar & 5ml Honey)</i>
2	Salad Tomatoes <i>rinsed, sliced into thick rounds & quartered</i>
30g	Sunflower Seeds
2	Garlic Cloves <i>peeled & grated</i>
20g	Fresh Basil <i>rinsed</i>
40ml	Grated Italian-style Hard Cheese
320g	Free-range Beef Sirloin
10ml	NOMU One For All Rub
40g	Green Leaves <i>rinsed & roughly shredded</i>
40g	Radish <i>rinsed & sliced into thin rounds</i>

From Your Kitchen

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

1. HOW SMASHING! Place the gem squash in a pot, fully submerge in water, and place over a high heat. Once boiling, cook for 20-25 minutes until easily pierced through with a knife. Remove from the pot on completion and cut in half – take care not to burn yourself! Scoop out the seeds and discard, then scoop out the flesh and place in a bowl. Add in some seasoning and a small knob of butter or a drizzle of oil. Mash with a fork until the flesh is smooth and the butter has melted if used. Return to the pot, cover to keep warm, and set aside for serving.

2. MARINATE THE TOMATOES Place the balsamic dressing in a salad bowl and whisk in 1 tbsp of oil. Toss through the sliced tomatoes, season, and set aside to marinate.

3. WARM, SUNNY SEEDS Place a nonstick pan over a medium heat. When hot, toast the sunflower seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

4. WHIZZ UP THE PESTO Return the pan to a medium heat with a drizzle of oil. When hot, fry the grated garlic for 30-60 seconds until fragrant, shifting constantly. Place in a blender. Set aside a few rinsed basil leaves for garnish. Roughly chop the rest (stalks and all) and add to the blender. Add a pinch of salt, $\frac{3}{4}$ of the hard cheese, $\frac{2}{3}$ of the sunflower seeds, and 75ml of olive oil. Blend until a chunky pesto forms.

5. STEAK TIME! Pat the steak dry with paper towel. Return the pan to a medium-high heat with another drizzle of oil. When hot, sear the steak fat-side down for 3-5 minutes until crispy. Then, fry for 2-3 minutes per side or until cooked to your preference. (This time frame may depend on the thickness of the steak) During the final 1-2 minutes, baste with a knob of butter and the One For All Rub to taste. Remove from the pan and allow to rest for 5 minutes. Drain the tomatoes, reserving the dressing, and set aside for plating. Toss the shredded green leaves with the dressing to taste. Thinly slice the steak and lightly season.

6. A STYLISH DINNER PLATE Lay out the steak slices, drizzle with basil pesto, and side with spoonfuls of gem squash mash. Pile up the leaves, tomatoes, and sliced radish, and sprinkle with the remaining sunflower seeds. Garnish it all with the remaining cheese and basil. Yum!



Chef's Tip

If you'd prefer a stronger garlic flavour in this dish, skip the frying step and add the garlic in fresh when making your pesto. If you don't have a blender, simply chop all the ingredients very finely and then vigorously mix them with the oil.

Nutritional Information

Per 100g

Energy	391kJ
Energy	94Kcal
Protein	7.4g
Carbs	4g
of which sugars	1.6g
Fibre	1.2g
Fat	3g
of which saturated	0.8g
Sodium	50mg

Allergens

Egg, Dairy, Allium, Sulphites

Cook
within
4 Days