



# UCOOK

## Sirloin On Quinoa Mushroom Risotto

with crispy kale & zesty gremolata

Mushrooms, sour cream and fragrant garlic lace up a creamy quinoa risotto, topped with lush beef sirloin, and balancing the rich risotto is a zingy gremolata. More golden mushrooms and dollops of sour cream offset this creamy dish along with crispy kale. Healthy and delicious - how can you resist?

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**Hands-On Time:** 25 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Thea Richter

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♥ Health Nut

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🍷 Warwick Wine Estate | Three Cape Ladies

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## Ingredients & Prep

150g	Kale <i>rinsed &amp; roughly shredded</i>
22,5ml	Beef Stock
2	Onions <i>1½ peeled &amp; finely diced</i>
375g	Button Mushrooms <i>wiped clean, ½ finely chopped &amp; ½ finely sliced</i>
3	Garlic Cloves <i>peeled &amp; grated</i>
300ml	White Quinoa
45ml	Grated Italian-style Hard Cheese
150ml	Sour Cream
8g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
2	Lemons <i>1½ zested &amp; cut into wedges</i>
480g	Free-range Beef Sirloin

## From Your Kitchen

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

**1. MASSAGE YOUR KALE** Preheat the oven to 180°C. Boil the kettle. Place the shredded kale on a roasting tray with a drizzle of oil and some seasoning. Using your hands, gently massage until softened and coated. Set aside for step 3. Dilute the beef stock with 700ml of boiling water.

**2. CREAMY QUINOA RISOTTO** Place a large pot or deep saucepan over a medium-high heat with a drizzle of oil. Add the chopped onion and sauté for 4-5 minutes until soft. Add in the chopped mushrooms and fry for 4-5 minutes until soft and golden. Add ½ of the grated garlic and fry for a further 30-60 seconds until fragrant. Add the quinoa, stir it through the onion and mushroom, and then fry for about a minute. Pour in the diluted stock and some seasoning and bring to a simmer. Gently cook for 20-25 minutes, stirring frequently. On completion, the quinoa should be cooked and have thickened enough to hold its shape on a plate. Remove from the heat and stir through the grated cheese, ½ the sour cream and a generous knob of butter (optional).

**3. ZESTY GREMOLATA** Place the remaining grated garlic, the chopped parsley, the lemon zest and the juice of 3 lemon wedges in a bowl. Add in a drizzle of olive oil, some seasoning and mix until combined. Set aside.

**4. GOLDEN MUSHROOMS** Place a large pan over a medium-high heat with a drizzle of oil. Add in the sliced mushroom, fry for 6-7 minutes until soft and golden. You may need to do this step in batches. Season to taste and remove from the pan. Place the tray of kale in the hot oven and roast for 8-10 minutes until crispy.

**5. ALMOST THERE** Return the pan to a medium-high heat and pat the steaks dry with paper towel. When the pan is hot, sear the steaks fat-side down, for 3-5 minutes until crispy. Then, fry for 2-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the steaks). During the final 1-2 minutes, baste with a knob of butter. Remove from the pan on completion and allow to rest for 5 minutes before slicing. Lightly season the slices.

**6. IT'S TIME TO FEAST** Plate up a mound of the mushroom quinoa risotto. Top with juicy steak slices and spoon the gremolata over the slices. Sprinkle over the fried mushroom slices and dollop the remaining sour cream. Side with the crispy kale and a lemon wedge and dig in!



## Chef's Tip

A gremolata is a green sauce made of parsley, lemon zest and fresh garlic. It is often served with steak or roasted veggies. If the raw garlic is too pungent, fry for 1-2 minutes until fragrant.

## Nutritional Information

Per 100g

Energy	608kj
Energy	145Kcal
Protein	9.4g
Carbs	13g
of which sugars	2g
Fibre	2.1g
Fat	4.5g
of which saturated	1.6g
Sodium	200mg

## Allergens

Egg, Dairy, Allium, Sulphites

Cook  
within  
4 Days