



# UCOOK

## Beef Sirloin & Crispy Kale Salad

with sweet potato mash & a tomato salad

Succulent sirloin steak is served with a rustic sweet potato mash and a crispy kale and tomato salad (trust us, even if you don't like kale, you will love this salad!) This dish has all the dinner elements you could hope for: sustenance, texture and flavour!

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 4 People


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**Chef:** Megan Bure

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 Quick & Easy

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 Waterford Estate | Waterford The Library  
Collection Spring Shiraz 2017

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## Ingredients & Prep

1kg	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
200g	Kale
2	Tomatoes
20g	Sunflower Seeds
640g	Free-range Beef Sirloin
20ml	NOMU Provençal Rub
85ml	That Mayo (Garlic)

## From Your Kitchen

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

**1. RUSTIC MASH** Preheat the oven to 200°C. Spread out the sweet potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

**2. ALL HAIL, CRISPY KALE!** Rinse and roughly shred the kale. Roughly dice the tomatoes. Place the shredded kale on a separate roasting tray. Coat in oil and some seasoning. Using your hands, massage the kale until softened and coated. When the sweet potato has 8-10 minutes remaining, pop the tray of kale into the hot oven and roast for the remaining roasting time until crisp.

**3. SUNNY SEEDS** Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan.

**4. SIZZLING STEAK** Return the pan to a medium-high heat with a drizzle of oil. Pat the steaks dry with some 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 (optional), and the rub. Remove from the pan on completion and allow to rest for 5 minutes before slicing. Lightly season the slices.

**5. FINAL TOUCHES** When the sweet potato is done, place in a bowl and mash with a potato masher or fork until a rustic mash. Add a splash of milk (optional) and a knob of butter (optional). Season to taste. In a bowl, combine the diced tomato, the crispy kale, and seasoning.

**6. DINNER IS SERVED!** Plate up the rustic mash. Side with the sirloin slices and the crispy kale & tomato salad. Sprinkle over the toasted sunflower seeds. Side with the mayo for dunking. Well done, Chef!

## Nutritional Information

Per 100g

Energy	516kJ
Energy	123kcal
Protein	7.7g
Carbs	10g
of which sugars	3.3g
Fibre	1.8g
Fat	3.2g
of which saturated	0.9g
Sodium	99mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within 3  
Days