



UCOOK

Beef Steak Prego

with a Portuguese roll & side salad

The perfect Portuguese dish when you're in a rush, Chef! Prego-coated steak slices are nestled between two halves of an airy Portuguese roll, with its signature slightly-crisp crust. Sided with a refreshing feta, tomato, cucumber & greens salad.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Megan Bure

 Quick & Easy

 Muratie Wine Estate | Muratie Alberta
Annemarie Merlot 2019

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Ingredients & Prep

160g	Free-Range Beef Rump
50ml	Prego Sauce
1	Portuguese Roll
20g	Green Leaves <i>rinse</i>
50g	Cucumber <i>rinse & roughly dice</i>
1	Tomato <i>rinse & roughly dice ½</i>
20g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. PREGO 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, 2-3 minutes per side (for medium-rare). In the final minute, baste with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning. Place the slices in a bowl and toss through the prego sauce.

2. ON A ROLL Halve the roll and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the bun, cut-side down, until golden, 1-2 minutes.

3. SIMPLE SALAD In a bowl, toss together the rinsed green leaves, the diced cucumber & tomato, the drained feta, a drizzle of olive oil, and seasoning. Set aside.

4. DINNER IS DONE! Serve up a toasted roll with the prego sirloin slices. Side with the dressed salad. Cheers, Chef!

Nutritional Information

Per 100g

Energy	638kJ
Energy	153kcal
Protein	10.4g
Carbs	13g
of which sugars	1.9g
Fibre	0.6g
Fat	4.3g
of which saturated	1.5g
Sodium	238mg

Allergens

Egg, Gluten, Allium, Wheat, Soy, Cow's Milk

Cook
within
4 Days