



UCCOOK

Seared Beef & Potato Bake

with a fresh salad & sunflower seeds

Hands-on Time: 15 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Neil Ellis Wines | Neil Ellis The Left Bank Cabernet Sauvignon Merlot

Nutritional Info	Per 100g	Per Portion
Energy	512kJ	3706kJ
Energy	122kcal	887kcal
Protein	8.3g	60.1g
Carbs	9g	68g
of which sugars	2.4g	17.1g
Fibre	1.5g	11g
Fat	4.1g	29.5g
of which saturated	1.7g	12.4g
Sodium	50mg	360mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Garlic Clove/s <i>peel & grate</i>
10ml	20ml	Cake Flour
100ml	200ml	Low Fat Fresh Milk
200g	400g	Potato <i>rinse & slice into thin rounds (use a mandolin if you have one)</i>
1	1	Onion <i>peel & finely slice ½ [1]</i>
40g	80g	Cheddar Cheese <i>grate</i>
10g	20g	Sunflower Seeds
40g	80g	Peas
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
160g	320g	Beef Sirloin

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Tinfoil

Paper Towel

Butter

Seasoning (salt & pepper)

1. BEGIN WITH THE BECHAMÉL Preheat the oven to 200°C. Place a pot over medium heat with a drizzle of oil. When hot, add the garlic and fry until fragrant, 1-2 minutes (shifting constantly). Add 20g [40g] of butter and the flour. Fry until starting to brown, 1-2 minutes (shifting constantly). Remove from the heat and gradually stir in the milk, making sure there are no lumps. Season.

2. BAKE THE POTATO BAKE Lightly grease a small baking dish. Add the potato, and the onion. Pour over the bechamél. Mix until combined and flatten into a flat layer. Cover the baking dish in tinfoil and bake until cooked through, 35-40 minutes. In the final 5-7 minutes, remove the tinfoil and sprinkle over the cheese. Bake for the remaining time until golden.

3. SUNNY SEEDS Boil the kettle. Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. BRING IT TOGETHER Submerge the peas in boiling water until plump, 2-3 minutes. Drain and place in a bowl. In a bowl, combine the leaves, the seeds, a drizzle of olive oil, and seasoning to the bowl. Toss until combined.

5. SEAR THE STEAK When the potato bake has 10 minutes remaining, return the pan to a 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, 2-4 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.

6. TIME TO DINE! Plate up the steak slices. Serve with the cheese potato bake and the fresh salad. Time to dine, Chef!