

UCOOK

Beef Sirloin au Poivre

with lyonnaise potatoes & brandy
peppercorn sauce

A sirloin to top all other sirloins! This juicy piece of steak is served with dreamy pan-fried slices of potato & onion, tomatoes, and a lush brandy & black peppercorn sauce. Luxury on a plate!

Hands-On Time: 20 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Fan Faves

 Boschendal | 1685 Shiraz

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Ingredients & Prep

200g	Potato <i>peeled & cut into 1cm thick rounds</i>
10g	Sunflower Seeds
1	Onion <i>peeled & sliced</i>
15ml	Sugar
2,5ml	Crushed Black Peppercorns
10ml	Brandy
5ml	Beef Stock
50ml	Fresh Cream
160g	Free-range Beef Sirloin
7,5ml	NOMU Roast Rub
20g	Green Leaves <i>rinsed</i>
1	Tomato <i>cut into bite-sized chunks</i>

From Your Kitchen

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

1. BOIL THE POTS Place the sliced potatoes in a pot and cover with salted cold water. Place the pot over a medium-high heat and bring the water to a boil. Reduce the heat and simmer for 3-4 minutes until tender, stirring occasionally. Drain on completion.

2. TOASTY 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 on completion.

3. LOVELY LYONNAISE Once the potatoes are cooked, return the pan to a medium heat with a drizzle of oil and knob of butter. When hot, add ½ the boiled potatoes and ½ the sliced onion. Fry for 4-5 minutes, shifting occasionally. Add the remaining potato and sliced onion, another drizzle of oil, and another knob of butter. Lower the heat and fry for a further 5-10 minutes until the onion slices are golden and the potato slices are starting to crisp. Remove from pan, season and cover to keep warm.

4. AU POIVRE SAUCE Place a pan over a medium heat with a knob of butter and the sugar. Once melted, stir in the crushed black peppercorns, the brandy, the beef stock, and 50ml of water. Simmer until the sauce has reduced by ¾. Stir in the cream and simmer for 4-5 minutes until the sauce has thickened slightly. Remove from the heat and cover to keep warm.

5. SIRLOIN & SALAD Return the pan to a medium-high heat with a drizzle of oil. Pat the steak dry with a paper towel. When the pan is hot, sear the steak 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 steak). During the final 1-2 minutes, baste with a knob of butter and the rub. Remove from the pan on completion and allow to rest for 5 minutes before slicing. Lightly season the slices. In a bowl, toss the rinsed green leaves, toasted sunflower seeds, and the tomato chunks with a drizzle of oil and seasoning.

6. STEAK IS SERVED! Plate up the basted sirloin slices and serve with a delicious helping of lyonnaise potatoes. Serve with the salad and the au poivre sauce on the side. Perfection, Chef!



Chef's Tip

Meat continues to cook while resting.
Remember this when cooking the sirloin to your preference.

Nutritional Information

Per 100g

Energy	524kJ
Energy	125Kcal
Protein	6.7g
Carbs	10g
of which sugars	3.5g
Fibre	1.4g
Fat	4.6g
of which saturated	2.1g
Sodium	94mg

Allergens

Dairy, Allium, Sulphites, Alcohol

Cook
within
4 Days