



U C O O K

— COOKING MADE EASY

SALSA VERDE SIRLOIN

with peri-peri sweet potato wedges, feta & a vibrant salad

Tender beef sirloin + roast sweet potato = foolproof dinner bliss! Spruce things up with sprinklings of peri-peri spice, freshly made salsa verde sauce, and a crunchy radish, cucumber, pumpkin seed, and feta salad.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Klaudia Weixelbaumer

 **Health Nut**

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into wedges (skin on)</i>
7.5ml	NOMU Peri-Peri Rub
3g	Fresh Parsley <i>rinsed & finely chopped</i>
3g	Fresh Coriander <i>rinsed & finely chopped</i>
1	Garlic Clove <i>peeled & grated</i>
1	Lemon <i>zested & cut into wedges</i>
10g	Pumpkin Seeds
160g	Free-Range Beef Sirloin
20g	Salad Leaves <i>rinsed</i>
40g	Danish-Style Feta <i>drained</i>
50g	Cucumber <i>sliced into thin rounds</i>
20g	Radish <i>rinsed & thinly sliced</i>

From Your Kitchen

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

1. PERI-PERI WEDGES Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray. Coat in oil, the Peri-Peri Rub to taste, and some seasoning. Roast in the hot oven for 30-35 minutes until cooked through and starting to crisp, shifting halfway.

2. SALSA VERDE TIME! Place the chopped parsley and coriander in a bowl and add the grated garlic to taste. Mix in 15ml of olive oil, the juice of 2 lemon wedges, and some lemon zest to taste. Season to taste and set aside for serving.

3. POP THOSE PUMPKIN SEEDS Place the pumpkin seeds in a nonstick pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool.

4. SEAR THE SIRLOIN Return the pan to a medium-high heat with a drizzle of oil. Pat the steak dry with some paper towel. When the pan is hot, sear the steak fat-side down for 2-3 minutes until the fat is crispy. Then, fry each side for 2-4 minutes, or until cooked to your preference. (The time this takes will depend on the thickness of the steak.) During the final 1-2 minutes, baste the steak with a knob of butter. On completion, remove from the pan and allow to rest for 5 minutes before slicing. Lightly season the slices.

5. CRISP SIDE SALAD Place the rinsed salad leaves, cucumber rounds, radish rounds, and toasted pumpkin seeds in a salad bowl. Crumble over the drained feta and toss together with a drizzle of olive oil and a squeeze of lemon juice.

6. HEARTY & HEALTHY Dish up the crispy peri-peri wedges alongside the juicy sirloin slices. Liberally drizzle the salsa verde sauce over the sirloin. Serve the garden salad on the side and garnish with a remaining lemon wedge. Tuck in, Chef!



Chef's Tip

Coriander, like all fresh herbs, is surprisingly nutrient-dense. It's also rich in calcium, magnesium, and iron. Chop it up and add it to sauces, soups, curries, and salads; or just use whole leaves as garnish.

Nutritional Information

Per 100g

Energy	524kj
Energy	125Kcal
Protein	8.3g
Carbs	9g
of which sugars	3.2g
Fibre	1.6g
Fat	3.7g
of which saturated	1.7g
Sodium	185mg

Allergens

Dairy, Allium

Cook
within
4 Days