



# UCOOK

## Malay-style Beef Sirloin Stew

with roasted butternut & coriander chutney

Carrot and butternut are roasted until golden and crisp, before being smothered in a fragrant beef sirloin stew packed with tomato, chilli and spices. It is finished off with a sweet coriander chutney for some sweetness and fresh chilli for some kick!

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Carb Conscious

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Vilafonté | Seriously Old Dirt 2021

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## Ingredients & Prep

120g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
250g	Butternut <i>rinse, deseed, peel (optional) &amp; cut into bite-sized pieces</i>
10ml	NOMU Indian Rub
160g	Free-range Beef Sirloin <i>pat dry &amp; cut into bite-sized chunks</i>
30ml	Mrs Balls Chutney
3g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>
1	Onion <i>peel &amp; roughly dice ½</i>
1	Garlic Clove <i>peel &amp; grate</i>
1	Fresh Chilli <i>rinse, trim, deseed &amp; roughly chop</i>
100ml	Tomato Passata
5ml	Vegetable Stock

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. ROASTED VEG** Preheat the oven to 200°C. Boil the kettle. Spread the carrot and butternut pieces on a roasting tray. Coat in oil, ½ the NOMU rub and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. SEARED SIRLOIN** Place a pan over high heat with a drizzle of oil. When hot, fry the sirloin chunks until browned all over but not cooked through, 2-4 minutes (shifting occasionally). Set aside. Remove from the pan, season and set aside.

**3. CORIANDER CHUTNEY** In a small bowl, combine the chutney, ½ the chopped coriander, and seasoning. Set aside.

**4. CURRY MOMENT** Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the remaining NOMU rub, the grated garlic, ½ the chopped chilli (to taste), and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tomato passata, the stock, and 100ml of boiling water. Simmer until reduced and thickened, 10-12 minutes (stirring occasionally). In the final 2-3 minutes, add the seared sirloin chunks, a sweetener (to taste) and seasoning.

**5. STEW IS SERVED!** Make a bed of the roasted veggies and spoon over the sirloin curry. Dollop over the coriander chutney and sprinkle over the remaining chilli (to taste) and coriander. Well done, Chef!



## Chef's Tip

Air fryer method: Coat the butternut and carrot pieces in oil, ½ the NOMU rub and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	367kJ
Energy	88kcal
Protein	5.3g
Carbs	10g
of which sugars	5g
Fibre	1.7g
Fat	1.1g
of which saturated	0.3g
Sodium	138mg

## Allergens

Allium, Sulphites

Eat  
Within  
4 Days