



QCOOK

Pesto Quinoa & Beef Sirloin

with crispy lentils

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Muratie Wine Estate | Muratie Mr May Grenache

Nutritional Info	Per 100g	Per Portion
Energy	589kJ	4216kJ
Energy	141kcal	1009kcal
Protein	8.5g	60.6g
Carbs	14g	97g
of which sugars	2.4g	17.2g
Fibre	3.1g	21.9g
Fat	4.5g	32.3g
of which saturated	0.7g	4.8g
Sodium	157mg	1125mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Quinoa <i>rinse</i>
15ml	20ml	Vegetable Stock
180g	240g	Tinned Lentils <i>drain & rinse</i>
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into strips</i>
60g	80g	Green Leaves <i>rinse & roughly shred</i>
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
480g	640g	Beef Sirloin
30ml	40ml	NOMU Italian Rub
120ml	160ml	Creamy Pesto <i>(60ml [80ml] Pesto Princess Coriander & Chilli Pesto & 60ml [80ml] Mayo)</i>

From Your Kitchen

Seasoning (salt & pepper)
Oil (cooking, olive or coconut)
Water
Paper Towel
Butter

1. KEEN ON QUINOA Place the quinoa and stock in a pot with 450ml [600ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. LENTILS & LEKKER VEG Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, fry the lentils and pepper until golden and crispy, 8-10 minutes (shifting occasionally). Remove from the pan, season and toss through the quinoa along with the green leaves and the tomato.

3. NOMU RUB-SPICED STEAK Return the pan to 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 and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. SET THE TABLE Bowl up the loaded quinoa and top with the beef slices. Dollop over the creamy pesto. Enjoy!