

QCOOK

Apple & Beef Sirloin Salad

with fresh greens & roasted carrots

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Zevenwacht | Estate Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	447kJ	2942kJ
Energy	107kcal	704kcal
Protein	6.7g	44.3g
Carbs	8g	52g
of which sugars	4.9g	32.5g
Fibre	1.9g	12.2g
Fat	3.6g	23.8g
of which saturated	1.3g	8.5g
Sodium	71mg	467mg

Allergens: Sulphites, Tree Nuts, Cow's Milk

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces on the diagonal</i>
10g	20g	Pecan Nuts
160g	320g	Free-range Beef Sirloin
3g	5g	Fresh Rosemary <i>rinse</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
1	1	Apple <i>rinse, peel, core & thinly slice</i> $\frac{1}{2}$ [1]
10ml	20ml	Balsamic Vinegar
30g	60g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. **GOLDEN CARROT** Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. **I PE-CAN** Place the pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. **ROSEMARY BUTTER STEAK** Place a pan over 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 rosemary. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. **DELISH DINNER = DONE** Make a bed of the salad leaves, top with the carrots, and the apple. Drizzle everything with the balsamic vinegar, crumble over the feta cheese, and garnish with the nuts. Side with the rosemary-seared beef.