



UCCOOK

Juicy Sirloin, Corn Salsa & Black Rice

with cucumber & tomato

Hands-on Time: 35 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	455kj	2052kj
Energy	109kcal	491kcal
Protein	8.9g	40.2g
Carbs	7g	32g
of which sugars	1g	6g
Fibre	1g	6g
Fat	2g	9.1g
of which saturated	0.6g	2.8g
Sodium	51mg	230mg

Allergens: Allium, Sulphites

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
90ml	120ml	Black Rice <i>rinse</i>
60g	80g	Corn
480g	640g	Beef Sirloin
7,5ml	10ml	NOMU Mexican Spice Blend
2	2	Tomatoes <i>rinse & roughly dice</i>
300g	400g	Cucumber <i>rinse & roughly dice</i>
60g	80g	Green Leaves <i>rinse</i>
30ml	40ml	Red Wine Vinegar
8g	10g	Fresh Coriander <i>rinse & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. RICE Place the rice in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

2. CHARRED CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. SIRLOIN 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, spice with the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. JUST BEFORE SERVING In a bowl, combine the rice, the corn, the tomatoes, the cucumber, the green leaves, the vinegar, and seasoning.

5. TIME TO EAT Bowl up the loaded rice and top with the steak slices. Garnish with a sprinkle of the coriander and dig in, Chef!