

UCOOK



Texan Cowboy Beef

with charred BBQ onions & a creamy carrot mash

Hands-on Time: 50 minutes

Overall Time: 60 minutes

Fan Faves: Serves 3 & 4

Chef: Thea Richter

Wine Pairing: Stettyn Wines | Stettyn Family Range Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	470kJ	3331kJ
Energy	112kcal	797kcal
Protein	6.8g	48.5g
Carbs	9g	66g
of which sugars	4.1g	29.1g
Fibre	2.1g	14.7g
Fat	3.3g	23.4g
of which saturated	1.3g	9.2g
Sodium	111mg	784mg

Allergens: Cow's Milk, Soya, Gluten, Allium, Wheat, Sulphites

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

720g	960g	Carrot <i>peel, trim & cut into bite-sized pieces</i>
2	2	Spring Onions <i>rinse & finely slice, keeping the white & green parts separate</i>
30g	40g	Pumpkin Seeds
45ml	60ml	Pesto Princess Chimichurri Sauce
150g	200g	Corn
480g	640g	Beef Sirloin
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
45ml	60ml	Richard Bosman's BBQ Sauce
60g	80g	Green Leaves <i>rinse & roughly shred</i>
90g	120g	Danish-style Feta <i>drain & crumble</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Milk (optional)

Paper Towel

Butter

Seasoning (Salt & Pepper)

1. CARROT MASH Boil the kettle. Place the carrot in a pot of salted water. Boil until soft, 30-35 minutes. Drain and return to the pot. Stir in the spring onion whites, a knob of butter (optional), and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. TOASTY SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside. In a bowl, loosen the chimichurri with 3 [4] tbsp of olive oil. Set aside.

3. CHARRED CORN Return the pan to high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside in a salad bowl.

4. JUICY 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. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. BBQ GOODNESS Return the pan to high heat and deglaze with a splash of water. When hot, fry the onion until golden, 6-7 minutes (shifting occasionally). In the final 1-2 minutes, stir through the BBQ sauce and a knob of butter (optional). Remove from the heat, cover, and set aside.

6. ONE LAST STEP Toss the green leaves, spring onion greens, feta, a drizzle of olive oil, and seasoning through the corn. Set aside.

7. DINNER IS SERVED Lay down the the carrot mash and top with the steak slices, side with the BBQ onions, and drizzle over the chimichurri. Serve the charred corn salad on the side. Garnish with the toasted pumpkin seeds. Lasso it in, Chef!

Chef's Tip Deglazing is a cooking technique where the browned food residue from the base of the pan is lifted by liquid and stirred together. This mixture is then used to add flavour.