



QCOOK

Chimichurri Beef Sirloin & Veg Skewers

with Danish-style feta

Hands-on Time: 30 minutes

Overall Time: 45 minutes

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

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	457kj	2091kj
Energy	109kcal	500kcal
Protein	9.3g	42.7g
Carbs	2g	10g
of which sugars	1g	7g
Fibre	1g	4g
Fat	4.4g	20g
of which saturated	1.5g	6.7g
Sodium	121.6mg	556.2mg

Allergens: Cow's Milk, Allium, Sulphites

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
75ml	100ml	Pesto Princess Chimichurri Sauce
6	8	Wooden Skewers
450g	600g	Baby Marrow <i>rinse, trim & cut into bite-sized rounds</i>
240g	320g	Baby Tomatoes <i>rinse</i>
480g	640g	Beef Sirloin
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
60g	80g	Danish-style Feta <i>drain</i>
15ml	20ml	Balsamic Vinegar

From Your Kitchen

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

1. START WITH SAUCE In a small bowl, loosen the chimichurri with water in 5ml increments until drizzling consistency. Season and set aside.

2. VEGGIE SKEWERS Carefully thread the baby tomatoes & baby marrow pieces onto each skewer. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the skewers until charred, 12-15 minutes (shifting as they colour). Season and set aside.

3. SEARED STEAK Place a clean 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). Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. FETA SALAD To a salad bowl, add the salad leaves. Crumble in the feta and toss through the vinegar. Season and set aside.

5. YOU DID IT, CHEF! Plate up the steak slices and serve the charred skewers alongside. Side with the dressed salad, finished off with a drizzle of the chimichurri over the steak.