

# UCOOK

## Herby-butter Beef Steak

**with fresh green leaves, butternut half-moons & chilli flakes**

Butter-basted steak is always a winner, but add some grated garlic, chilli for kick & earthy chopped herbs - and you've got a culinary victory cooking in your kitchen, Chef! The juicy beef is sided with an oven-roasted butternut & onion medley, freshly dressed green and a creamy crème fraîche sauce. It doesn't get better than this!

---

**Hands-on Time:** 20 minutes

**Overall Time:** 45 minutes

---

**Serves:** 1 Person

---

**Chef:** Megan Bure

---

 Carb Conscious

---

 Paserene | Midnight Cabernet Sauvignon

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



## Ingredients & Prep

250g	Butternut <i>deseeded, peeled (optional) &amp; cut into half-moons</i>
1	Onion <i>½ peeled &amp; cut into wedges</i>
10g	Sunflower Seeds
8g	Mixed Herbs <i>(4g Fresh Mint &amp; 4g Fresh Parsley)</i>
20ml	Crème Fraîche
10ml	Lemon Juice
20g	Green Leaves <i>rinsed</i>
160g	Free-range Beef Sirloin
1	Garlic Clove <i>peeled &amp; grated</i>
10ml	Dried Chilli Flakes

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter  
Paper Towel

**1. I SEE, A HALF-MOON ARISIN'** Preheat the oven to 200°C. Spread out the butternut half-moons and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through and golden, flipping halfway.

**2. SOME SUNNY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool. Finely chop the mixed herbs.

**3. PREP STEP** In a small bowl, combine the crème fraîche, the lemon juice (to taste), and seasoning. Loosen with water in 10ml increments until a drizzling consistency. Set aside. Just before serving, dress the rinsed green leaves with a drizzle of olive oil and seasoning.

**4. BUTTER-BASTED SIRLOIN** When the butternut & onion have 10 minutes remaining, return the pan to a medium-high heat with a drizzle of oil. Pat the sirloin dry with paper towel. When the pan is hot, sear the sirloin, fat-side down, for 3-5 minutes until crispy. Then, fry for 2-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the sirloin). During the final minute, baste with a knob of butter, the grated garlic, the chilli flakes (to taste), and ½ the chopped herbs. Remove from the pan, reserving any pan juices, and rest for 5 minutes before slicing. Lightly season.

**5. A GREAT-LOOKING PLATE** Plate up the roasted veg. Side with the fillet slices, drizzled with any reserved pan juices, and the dressed green leaves. Sprinkle over the toasted seeds and the remaining herbs. Drizzle over the crème fraîche sauce. Dive in, Chef!



## Chef's Tip

If you have an air fryer, why not use it to cook the butternut & onion? Coat in oil, season, and pop in the air fryer at 200°C. Cook for 20-25 minutes or until cooked through and crispy.

## Nutritional Information

Per 100g

Energy	507kJ
Energy	121kcal
Protein	7.7g
Carbs	8g
of which sugars	2g
Fibre	1.8g
Fat	4g
of which saturated	1.6g
Sodium	22mg

## Allergens

Dairy, Allium

Cook  
within  
4 Days