



UCCOOK

Muratie's Beef Sirloin & Emmental Sauce

with roasted sweet potato

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Muratie Winery

Wine Pairing: Muratie Wine Estate | Muratie Martin Melch Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	561kJ	3398kJ
Energy	134kcal	813kcal
Protein	8.6g	52.4g
Carbs	10g	62g
of which sugars	4.4g	26.6g
Fibre	1.3g	8.2g
Fat	4.2g	25.2g
of which saturated	1.9g	11.8g
Sodium	151mg	913mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

250g	500g	Sweet Potato <i>rinse & cut into wedges</i>
10ml	20ml	NOMU Italian Rub
20g	40g	Green Leaves <i>rinse & roughly shred</i>
15g	30g	Danish-style Feta <i>drain</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
10ml	20ml	Cake Flour
1	1	Garlic Clove <i>peel & grate</i>
100ml	200ml	Low Fat UHT Milk
20g	40g	Emmental Cheese <i>grate</i>
160g	320g	Beef Sirloin
10ml	20ml	Balsamic Vinegar

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Milk (optional)

Butter

Paper Towel

1. SWEET ON SWEET POTATO Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil, the NOMU rub and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. FETA SALAD In a salad bowl, add the green leaves, the feta, the sun-dried tomatoes, and a drizzle of olive oil. Toss the salad together, season it and set it aside.

3. EXCELLENT EMMENTAL SAUCE Place a small pot over medium heat with 10g [20g] of butter. Once melted, vigorously mix in the flour to form a roux. Add the garlic and cook out the roux, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, add the cheese, and stir until melted. Season and remove from the heat. Add a splash of water or milk (optional) if the sauce is too thick.

4. GREAT STEAK Place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel and season it generously. 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 (optional). Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. ABSOLUTE BLISS! Plate up the crispy potatoes, sided with the juicy steak. Generously top the steak with the emmental sauce, serving the rest on the side for dipping. Plate up the fresh salad, drizzling over the balsamic (to taste). Cheers, Chef - dinner is ready!