



# UCCOOK

## Texan Cowboy Beef

with charred BBQ onions & a creamy carrot mash

**Hands-on Time:** 45 minutes

**Overall Time:** 55 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<br><i>peel, trim &amp; cut into bite-sized pieces</i>                                   |
| 2        | 2          | Spring Onions<br><i>rinse &amp; finely slice, keeping the white &amp; green parts separate</i> |
| 30g      | 40g        | Pumpkin Seeds                                                                                  |
| 45ml     | 60ml       | Pesto Princess Chimichurri Sauce                                                               |
| 150g     | 200g       | Corn                                                                                           |
| 480g     | 640g       | Beef Sirloin                                                                                   |
| 2        | 2          | Onions<br><i>peel &amp; roughly slice 1½ [2]</i>                                               |
| 45ml     | 60ml       | Richard Bosman's BBQ Sauce                                                                     |
| 60g      | 80g        | Green Leaves<br><i>rinse &amp; roughly shred</i>                                               |
| 90g      | 120g       | Danish-style Feta<br><i>drain &amp; 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.