



UCCOOK

Bertha's Sirloin & Thai Green Curry

with black rice & green beans

A bed of perfectly cooked black rice cradles a rich curry, where coconut milk & curry paste unite, while vibrant patty pans & green beans add a crisp bite to the velvety sauce. Crowned with seared steak slices — crispy on the outside, succulent within. Each mouthful is an exquisite harmony of textures & flavours.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Bertha Winery

 Adventurous Foodie

 Bertha Wines | Bertha Shiraz 2021

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

Ingredients & Prep

150ml	Black Rice <i>rinsed</i>
1	Onion <i>peeled & roughly diced</i>
30ml	Green Curry Paste
1	Coconut Milk LITE
160g	Patty Pans <i>rinsed, trimmed & cut into thick wedges</i>
160g	Green Beans <i>rinsed, trimmed & halved</i>
320g	Free-range Beef Sirloin
1	Chilli. <i>rinsed, deseeded & finely sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. BLACK RICE Place the rinsed rice in a pot with 600ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 30-35 minutes. Drain (if necessary) and cover.

2. CREAMY CURRY Place a pot over medium heat with a drizzle of oil. When hot, fry the diced onions until soft and lightly golden, 3-4 minutes. Add the curry paste (to taste) and fry until fragrant, 1-2 minutes. Pour in the coconut milk and 100ml of water. Simmer until slightly reduced, 3-4 minutes. Add the wedged patty pans and the halved green beans. Simmer until the veggies are cooked through but still al dente, 2-3 minutes. Remove from the heat, add a sweetener, and season.

3. SEAR THE STEAK While the curry is on the go, place a 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). In the final minute, baste with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. TIME TO EAT Bowl up the black rice. Top with the curry and the steak slices. Garnish with the sliced chilli (to taste). Dig in, Chef!



Chef's Tip

Always add curry paste to your taste preference — you don't have to add it all. When the sauce is nearing completion, taste to test the spice levels. If you'd like to increase the heat, gradually stir in any remaining curry paste.

Nutritional Information

Per 100g

Energy	560kJ
Energy	134kcal
Protein	7.5g
Carbs	12g
of which sugars	1.8g
Fibre	2.1g
Fat	4g
of which saturated	2.6g
Sodium	138mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days