



U C O O K

— COOKING MADE EASY

Bife à Portuguesa

with roast potato crisps, green bean salad & a smoky sherry reduction

Beef sirloin the Portuguese way: surrounded by slices of crispy potato and topped with a fried egg – traditional, but totally optional! Seared in butter and finished off in a sherry and paprika sauce for extra flavour and indulgence.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 **Easy Peasy**

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Ingredients & Prep

200g	Potato <i>rinsed & thinly sliced into 5mm thick rounds</i>
100g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
20g	Green Leaves <i>rinsed</i>
160g	Free-Range Beef Sirloin
1	Onion <i>one half peeled & sliced</i>
1	Garlic Clove <i>peeled & grated</i>
60ml	Sherry
5ml	Beef Stock
5ml	Cape Herb & Spice Smoked Paprika

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s (optional)
Butter (optional)
Paper Towel

1. CRISP THOSE TATERS! Preheat the oven to 200°C. Place the potato slices on a roasting tray. Coat in oil, season to taste, and spread out in a single layer. Roast in the hot oven for 30-35 minutes until cooked through and crispy, flipping halfway.

2. GREEN BEANS & GREEN LEAVES Place a nonstick pan over a medium-high heat with a drizzle of oil and a splash of water to cover the base. When starting to bubble, simmer the sliced green beans for 3-4 minutes until cooked al dente. On completion, transfer to a bowl and set aside. Once cooled, toss together with the rinsed green leaves, a drizzle of olive oil, and some seasoning. Set aside until serving.

3. SEAR THE STEAK When the potatoes reach the halfway mark, pat the steak dry with some paper towel and season. Return the pan to a medium-high heat with another drizzle of oil. When hot, sear the steak fat-side down for 3-5 minutes until crispy. Add a knob of butter (optional) and fry for 1-2 minutes per side until browned but not completely cooked through. Remove from the pan and set aside.

4. SHERRY REDUCTION Return the pan to a medium-high heat with another drizzle of oil. When hot, sweat the sliced onion for 2-3 minutes until soft. Add the grated garlic and fry for a minute until fragrant, shifting constantly. Stir in the sherry, 30ml of water, the stock, and the smoked paprika. Simmer for 4-5 minutes until slightly reduced. Then, place the steak in the pan and reduce the heat to low. Simmer for 2-3 minutes, continuously basting the steak in the sauce, until cooked through to your preference. (The time this takes will depend on the thickness of the steak.) Remove from the heat and allow to rest in the pan for 5 minutes before thinly slicing. Return the slices to the pan and toss to coat.

5. OPTIONAL FRIED EGG Place a pan over a medium-high heat with a drizzle of oil or knob of butter. Crack in 1 egg and fry until cooked to your preference. (We like the yolk runny and the white just set!) Remove from the heat and season to taste.

6. TIME TO DINE! Lay the saucy steak slices on a plate and top with spoonfuls of sherry onions. Side with the roast potato crisps and green bean salad. Place the fried egg on top (if used) and generously drizzle the whole meal with the rest of the sherry reduction. Take a seat, Chef!



Chef's Tip

To cook food 'al dente' means that it should still be firm when bitten. It must be tender, but not soft. This typically refers to pasta, but also applies to other grains, as well as a range of veg. In the case of your green beans, they should still have a slight snap to them once cooked.

Nutritional Information

Per 100g

Energy	459kJ
Energy	110Kcal
Protein	6.9g
Carbs	11g
of which sugars	2.3g
Fibre	2.3g
Fat	1.6g
of which saturated	0.5g
Sodium	168mg

Allergens

Allium, Sulphites, Alcohol

Cook
within
4 Days