

# UCOOK

## Beef Sirloin au Poivre

with lyonnaise potatoes & brandy  
peppercorn sauce

A sirloin to top all other sirloins! This juicy piece of steak is served with dreamy pan-fried slices of potato & onion, tomatoes, and a lush brandy & black peppercorn sauce. Luxury on a plate!

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**Hands-On Time:** 25 minutes

**Overall Time:** 55 minutes

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**Serves:** 2 People

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**Chef:** Hannah Duxbury

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 Fan Faves

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 Boschendal | 1685 Shiraz

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## Ingredients & Prep

400g	Potato <i>peeled &amp; cut into 1cm thick rounds</i>
20g	Sunflower Seeds
1	Onion <i>peeled &amp; sliced</i>
30ml	Sugar
5ml	Crushed Black Peppercorns
20ml	Brandy
10ml	Beef Stock
100ml	Fresh Cream
320g	Free-range Beef Sirloin
15ml	NOMU Roast Rub
40g	Green Leaves <i>rinsed</i>
1	Tomato <i>cut into bite-sized chunks</i>

## From Your Kitchen

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

**1. BOIL THE POTS** Place the sliced potatoes in a pot and cover with salted cold water. Place the pot over a medium-high heat and bring the water to a boil. Reduce the heat and simmer for 3-4 minutes until tender, stirring occasionally. Drain on completion.

**2. TOASTY SEEDS** Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion.

**3. LOVELY LYONNAISE** Once the potatoes are cooked, return the pan to a medium heat with a drizzle of oil and knob of butter. When hot, add ½ the boiled potatoes and ½ the sliced onion. Fry for 4-5 minutes, shifting occasionally. Add the remaining potato and sliced onion, another drizzle of oil, and another knob of butter. Lower the heat and fry for a further 5-10 minutes until the onion slices are golden and the potato slices are starting to crisp. Remove from pan, season and cover to keep warm.

**4. AU POIVRE SAUCE** Place a pan over a medium heat with a knob of butter and the sugar. Once melted, stir in the crushed black peppercorns, the brandy, the beef stock, and 80ml of water. Simmer until the sauce has reduced by ¾. Stir in the cream and simmer for 4-5 minutes until the sauce has thickened slightly. Remove from the heat and cover to keep warm.

**5. SIRLOIN & SALAD** Return the pan to a medium-high heat with a drizzle of oil. Pat the steaks dry with a paper towel. When the pan is hot, sear the steaks 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 steaks). During the final 1-2 minutes, baste with a knob of butter and the rub. Remove from the pan on completion and allow to rest for 5 minutes before slicing. Lightly season the slices. In a bowl, toss the rinsed green leaves, toasted sunflower seeds, and the tomato chunks with a drizzle of oil and seasoning.

**6. STEAK IS SERVED!** Plate up the basted sirloin slices and serve with a delicious helping of lyonnaise potatoes. Serve with the salad and the au poivre sauce on the side. Perfection, Chef!



## Chef's Tip

Meat continues to cook while resting.  
Remember this when cooking the sirloin to your preference.

## Nutritional Information

Per 100g

Energy	524kJ
Energy	125Kcal
Protein	6.7g
Carbs	10g
of which sugars	3.5g
Fibre	1.4g
Fat	4.6g
of which saturated	2.1g
Sodium	94mg

## Allergens

Dairy, Allium, Sulphites, Alcohol

Cook  
within  
4 Days