



# UCOOK

## Red Chimichurri & Beef Sirloin

with roasted carrot & beetroot

Vibrant root vegetables are roasted until golden and served alongside sizzling beef sirloin steak. It is topped with a delicious homemade red chimichurri sauce, made from red pepper, spring onion, and fresh chilli. This dish hits the spot every time!

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**Hands-On Time:** 35 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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 Adventurous Foodie

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 Boschendal | Nicolas

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## Ingredients & Prep

|      |                                                                                    |
|------|------------------------------------------------------------------------------------|
| 600g | Beetroot<br><i>trimmed, peeled (optional)<br/>&amp; cut into bite-sized chunks</i> |
| 960g | Carrot<br><i>rinsed, trimmed &amp; cut into<br/>wedges</i>                         |
| 2    | Red Bell Peppers                                                                   |
| 40g  | Pumpkin Seeds                                                                      |
| 4    | Garlic Cloves<br><i>peeled &amp; grated</i>                                        |
| 20ml | Smoked Paprika                                                                     |
| 640g | Free-range Beef Sirloin                                                            |
| 4    | Spring Onions<br><i>rinsed, trimmed &amp; finely<br/>chopped</i>                   |
| 15g  | Fresh Parsley<br><i>rinsed, picked &amp; finely<br/>chopped</i>                    |
| 2    | Fresh Chillies<br><i>deseeded &amp; finely chopped</i>                             |
| 40ml | Red Wine Vinegar                                                                   |

## From Your Kitchen

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

**1. BEETS & ROOTS** Preheat the oven to 200°C. Place the beetroot chunks and the carrot wedges on a roasting tray. Coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and becoming crispy, shifting halfway.

**2. PEPPER POWER** Place the whole peppers on a roasting tray. Coat in oil. Pop in the hot oven and roast for 20-25 minutes, until cooked through and starting to char. On completion, remove from the oven and place in a bowl. Cover the bowl with cling wrap or a plate and set aside to steam for 10-15 minutes.

**3. TOAST & FRY** Place the pumpkin seeds in a large pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion and set aside to cool. Return the pan to a medium heat with a drizzle of oil. When hot, add the grated garlic and the paprika. Fry for 30-60 seconds until fragrant, shifting constantly. Remove from the pan on completion and place in a bowl.

**4. SIRLOIN SENSATION** Return the pan to a medium-high heat with a drizzle of oil. Pat the steaks dry with some 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 the steaks with a knob of butter or a drizzle of oil. Remove from the pan on completion and allow to rest for 5 minutes before slicing. Lightly season the slices.

**5. RED CHIMICHURRI** When the peppers are done steaming, peel off the skin. Cut in half and remove the seeds. Finely chop and place in the bowl with the paprika & garlic. Add the chopped spring onion,  $\frac{3}{4}$  of the chopped parsley, the chopped chilli and the vinegar (both to taste). Mix until fully combined. Add oil in 5ml increments until a drizzling consistency. Season to taste.

**6. CHIMI CHIMI BANG BANG!** Plate up the roasted beetroot & carrot. Side with juicy steak slices drizzled with the red chimichurri sauce. Sprinkle over the toasted pumpkin seeds and garnish with the remaining parsley and any remaining chilli (to taste). Well done, Chef!

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 302kJ  |
| Energy             | 72Kcal |
| Protein            | 5.6g   |
| Carbs              | 6g     |
| of which sugars    | 2.5g   |
| Fibre              | 2g     |
| Fat                | 1.2g   |
| of which saturated | 0.4g   |
| Sodium             | 43mg   |

## Allergens

Gluten, Allium, Wheat, Sulphites

Cook  
within  
4 Days