



UCOOK

Sirloin On Horseradish Mash

with lemon and dukkah sautéed kale & a deluxe red wine jus

This pan-seared sirloin steak gets the royal treatment drizzled with a gorgeous red wine sauce and served with a creamy horseradish mash. Accompanied with a heap of perfectly sautéed lemony-dukka kale!

Hands-On Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Ella Nasser

 Easy Peasy

 No paired wines

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Ingredients & Prep

| | |
|-------|---|
| 200g | Potato <i>peeled & cut into bite-sized chunks</i> |
| 15ml | Horseradish Sauce |
| 80g | Kale <i>rinsed & roughly shredded</i> |
| 1 | Lemon <i>½ zested & cut into wedges</i> |
| 7,5ml | Dukkah |
| 5ml | Beef Stock |
| 1 | Onion <i>½ peeled & finely diced</i> |
| 1 | Garlic Clove <i>peeled & grated</i> |
| 2g | Fresh Thyme <i>rinsed, picked & finely chopped</i> |
| 65ml | De-alcoholised Red Wine |
| 160g | Free-range Beef Sirloin |

From Your Kitchen

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

1. HORSERADISH MASH Boil the kettle. Place a pot of cold salted water over a high heat. Add in the potato chunks and bring to the boil. Once boiling, reduce the heat and simmer for 10-15 minutes until soft. Drain on completion and mash until smooth. Stir through the horseradish sauce, a knob of butter or coconut oil (optional), and a splash of milk or milk alternative. Season to taste and set aside for plating. Place the shredded kale in a bowl with a drizzle of oil, lemon zest, dukkah and some seasoning. Using your hands, gently massage until softened and coated in oil. Set aside for step 4.

2. WINE O'CLOCK Dilute the beef stock with 75ml of boiling water. Place a pan over a medium heat with a drizzle of oil. When hot, fry the diced onion for 5-7 minutes until soft, shifting regularly. Add in the grated garlic and chopped thyme and sauté for about 1 minute until fragrant. Stir through the red wine and cook for 2-3 minutes until the wine has almost fully evaporated and the sauce has reduced by half. Whisk in the diluted stock. Simmer for 5-7 minutes until slightly thickened and reduced, stirring regularly. Season and add a sweetener of choice to taste. Remove from the heat, cover with the lid, and set aside to keep warm.

3. SIZZLING SIRLOIN Place a pan over a medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When the pan is hot, sear the steak fat-side down for 1-2 minutes until crispy. Continue to fry for 3-5 minutes per side or until cooked to your preference. In the final minute, baste with a knob of butter. Remove from the pan, lightly season, and allow to rest for 5 minutes before slicing.

4. LEMONY-DUKKAH KALE While the steak is resting, wipe the pan down and return to a medium-heat with a drizzle of oil. When hot, sauté the massaged kale for 3-4 minutes until wilted. On completion, squeeze over lemon juice to taste. Remove from heat, cover with a lid, and set aside to keep warm until serving.

5. A ROYAL FEAST! Plate up the horseradish mash alongside the juicy sirloin steak slices. Pour the delectable red wine jus over the steak and serve the sautéed lemony-dukkah kale on the side. A feast!



Chef's Tip

For a thicker sauce, you can make a slurry - a mixture of flour and water. A slurry, when whisked into a sauce, reduces the risk of clumping when being added. This way, it gets easily and evenly dispersed!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 434kj |
| Energy | 104Kcal |
| Protein | 7g |
| Carbs | 9g |
| of which sugars | 1.4g |
| Fibre | 1.8g |
| Fat | 2.1g |
| of which saturated | 0.6g |
| Sodium | 146mg |

Allergens

Dairy, Allium, Sesame, Sulphites, Tree Nuts

Cook
within
4 Days