



# UCCOOK

## Beef Sirloin & Creamy Miso Sauce

with potato wedges

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Hellen Mwanza

**Wine Pairing:** Doos Wine | Doos Dry Red 3L

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 572kj    | 2956kj      |
| Energy             | 137kcal  | 707kcal     |
| Protein            | 8.9g     | 45.8g       |
| Carbs              | 8.6g     | 44.2g       |
| of which sugars    | 1g       | 5.3g        |
| Fibre              | 1.7g     | 8.7g        |
| Fat                | 5.2g     | 27g         |
| of which saturated | 2.3g     | 11.8g       |
| Sodium             | 120.8mg  | 623.6mg     |

**Allergens:** Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk, Soya

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

|       |       |                                                    |
|-------|-------|----------------------------------------------------|
| 600g  | 800g  | Potato<br><i>rinse &amp; cut into wedges</i>       |
| 150g  | 200g  | Kale<br><i>rinse &amp; shred</i>                   |
| 15g   | 20g   | Walnuts<br><i>roughly chop</i>                     |
| 150g  | 200g  | Cucumber<br><i>rinse &amp; cut into half-moons</i> |
| 480g  | 640g  | Beef Sirloin                                       |
| 125ml | 160ml | Crème Fraîche                                      |
| 15ml  | 20ml  | Dijon Mustard                                      |
| 30ml  | 40ml  | Miso Paste                                         |

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

**1. START WITH POTATO** Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

**2. KALE** Place the kale on a separate roasting tray with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. When the potato has 10 minutes remaining, put the tray of kale into the oven and roast for the remaining time.

**3. WALNUT SALAD** Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove and place in a salad bowl. When the kale is done, add to the bowl along with the cucumber, a drizzle of olive oil and seasoning. Toss and set aside.

**4. SEARED STEAK** Return the pan to 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.

**5. HEAVENLY SAUCE** Boil the kettle. Return the pan to low heat. Add the crème fraîche, the mustard, the miso paste (to taste), and 80ml [100ml] of warm water. Leave to simmer until slightly reduced, 2-3 minutes (stirring occasionally). Remove from the heat and whisk in 45g [60g] of butter. If the sauce is too thick for your liking, loosen with a splash of warm water. Season, cover, and set aside.

**6. BEST DINNER EVER!** Plate up the meat, and spoon over the creamy miso sauce. Serve with the dressed salad, and the wedges on the side.