



UCCOOK

Couscous Veg Salad & Beef Sirloin

with green beans

Fluffy couscous is loaded with the deliciousness of an oven roasted onion & beetroot medley, charred green beans, and green leaves. This foundation of flavour is topped with juicy sirloin slices!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Hellen Mwanza

 Quick & Easy

 Strandveld | The Navigator Red Blend

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Ingredients & Prep

200g	Beetroot
20g	Green Leaves
80g	Green Beans
1	Onion
75ml	Couscous
160g	Free-range Beef Sirloin
15ml	Lemon Juice

From Your Kitchen

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

1. PREP THE VEG Rinse the beetroot, the green leaves, and the green beans. Trim and peel (optional) the rinsed beetroot and cut into bite-sized chunks. Peel ½ the onion and cut into wedges. Trim and halve the rinsed green beans. Roughly shred the rinsed leaves. Set all aside.

2. CAN'T BEET THIS ROAST Preheat the oven to 200°C. Spread the beetroot pieces and onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

3. FLUFFY COUSCOUS Boil the kettle. Place the couscous in a bowl with 100ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

4. CHARRED BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the halved green beans until starting to char, 4-5 minutes (shifting constantly). Remove from the pan, season, and cover.

5. BUTTER-BASTED 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, reserving the pan juices, and rest for 5 minutes before slicing and seasoning.

6. LOADED WITH FLAVOUR In a bowl, combine the lemon juice, a drizzle of olive oil, a sweetener, and seasoning. Toss through the shredded leaves, the charred beans, the roast onion and beetroot, and the cooked couscous. Set aside.

7. SET THE TABLE Serve up the loaded couscous salad and lay the sirloin slices alongside. Drizzle the pan juices over the meat.

Nutritional Information

Per 100g

Energy	472kJ
Energy	113kcal
Protein	7.9g
Carbs	11g
of which sugars	2g
Fibre	2.5g
Fat	1.5g
of which saturated	0.5g
Sodium	53mg

Allergens

Gluten, Dairy, Allium, Peanuts, Wheat

Cook
within
4 Days