

U C O O K

— COOKING MADE EASY

SIRLOIN & PEPPERCORN SAUCE

with crème fraîche & sweet potato wedges

The perfect partnership of free-range beef sirloin and creamy pepper sauce, with rainbow peppercorns and crème fraîche. There's nothing like a classic steak supper to keep you healthy and invigorated.

Hands-On Time: 35 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Tess Witney



Health Nut

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Ingredients & Prep

250g	Sweet Potato rinsed & cut into wedges
3g	Fresh Rosemary rinsed
2.5ml	Beef Stock
7.5ml	Rainbow Peppercorns
75g	Medley Baby Tomatoes halved
20g	Green Leaves rinsed
1	Balsamic Vinegar Sachet
1	Garlic Clove peeled & grated
50ml	Crème Fraîche
160g	Free-Range Beef Sirloin

From Your Kitchen

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

1. BEFORE YOU GET GOING Read the whole recipe. The prep instructions are displayed in the ingredient list, directly under the item they apply to. You can either do all your prep before you start, or as you get to each item in the method.

2. SWEET POTATO WEDGES Preheat the oven to 200°C. Boil the kettle. Spread out the sweet potato wedges and rosemary sprigs on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and starting to crisp, shifting halfway.

3. SOME SAUCY PREP Dilute the beef stock with 50ml of boiling water. Coarsely crush the peppercorns using a pestle and mortar or the back of a large knife.

4. GET FRESH When the sweet potato is halfway, toss the halved baby tomatoes and rinsed green leaves with a squeeze of balsamic vinegar and a drizzle of oil. Set aside for serving.

5. PEPPERY SAUCE Place a small pot over a medium heat with a drizzle of oil or knob of butter. When hot, sauté the grated garlic and crushed peppercorns for 30-60 seconds until fragrant. Pour in the diluted stock and allow to simmer for 2-3 minutes until slightly reduced. Stir through the crème fraîche and simmer for a further 1-2 minutes. Season to taste and remove from the heat. Pop on a lid to keep warm and set aside for serving.

6. FRY THE STEAK Place a nonstick pan over a medium-high heat with a drizzle of oil. Pat the steak dry with some paper towel and season. When the pan is hot, sear the steak fat-side down for 2-4 minutes until the fat is crispy. Then, fry each side for 3-4 minutes or until cooked to your preference. (The time this takes will depend on the thickness of the steak.) In the final 1-2 minutes, baste the steak with a knob of butter. Remove from the heat and set aside to rest for 5 minutes before slicing.

7. CLASSIC STEAK DINNER Dish up the roast sweet potato wedges and juicy sirloin slices. Drizzle over the creamy peppercorn sauce and serve with the fresh salad on the side. You can't beat the classics!

Nutritional Information

Per 100g

Energy	564kj
Energy	135Kcal
Protein	7g
Carbs	9g
of which sugars	3g
Fibre	1g
Fat	5g
of which saturated	2g
Salt	0g

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days