



# UCOOK

## Sirloin & Fattoush Salad

with wholewheat couscous, sumac & fresh mint

Everything about this salad delights! From the sumac to the couscous twist, the crispy radish, juicy plum tomatoes and fresh cucumber – we just can't get enough! Juicy sumac-basted sirloin with a bangin' homemade dressing, it really doesn't get better than this!

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**Hands-On Time:** 15 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Ella Nasser

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♥ Health Nut

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🍷 Fat Bastard | The Golden Reserve

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## Ingredients & Prep

|      |                                                           |
|------|-----------------------------------------------------------|
| 50ml | Whole Wheat Couscous                                      |
| 1    | Lemon<br><i>zested &amp; cut into wedges</i>              |
| 10g  | Pumpkin Seeds                                             |
| 3g   | Fresh Mint<br><i>rinsed, picked &amp; roughly chopped</i> |
| 1    | Plum Tomato<br><i>diced</i>                               |
| 50g  | Cucumber<br><i>cut into half-moons</i>                    |
| 20g  | Radish<br><i>sliced into half-moons</i>                   |
| 1    | Spring Onion<br><i>sliced</i>                             |
| 5ml  | Sumac                                                     |
| 160g | Free-range Beef Sirloin                                   |
| 40g  | Salad Leaves<br><i>rinsed</i>                             |

## From Your Kitchen

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

**1. FLUFFY COUSCOUS** Boil the kettle. Using a shallow bowl, submerge the couscous in 125ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 5-8 minutes until tender. Once cooked, season, toss through the lemon zest, and fluff up with a fork.

**2. POPPIN' PUMPKIN** Place the pumpkin seeds in a 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.

**3. GORGEOUS TOSS UP** Mix together ½ of the chopped mint, lemon juice to taste, olive oil, and seasoning to make a dressing. In a salad bowl, add the diced tomato, sliced cucumber, sliced radish, sliced spring onion, ½ of the sumac, and the cooked couscous. Toss together with the salad dressing (to taste).

**4. SIZZLIN' SIRLOIN** Place a pan over a medium-high heat with a drizzle of oil. Pat the sirloin dry with some paper towel. When the pan is hot, sear the steak 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 steak). During the final 1-2 minutes, baste with a knob of butter (optional) and the remaining sumac. Remove from the pan on completion and allow to rest for 5 minutes before slicing. Lightly season the slices.

**5. SIRLOIN & FATTOUSH DUO** Plate up a hearty spoonful of the gorgeous fattoush-style salad. Top with the sumac-basted sirloin slices, side with the rinsed salad leaves, and sprinkle over the toasted pumpkin seeds and remaining mint. Serve with a lemon wedge. Healthy & hearty!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 467kJ   |
| Energy             | 112Kcal |
| Protein            | 9.1g    |
| Carbs              | 7g      |
| of which sugars    | 1.6g    |
| Fibre              | 1.6g    |
| Fat                | 2.3g    |
| of which saturated | 0.7g    |
| Sodium             | 26mg    |

## Allergens

Gluten, Allium, Wheat

Cook  
within  
4 Days