



UCOOK

French Crisps & Beef Sirloin

with a charred tomato & artichoke salad

Super-thin French fries are tossed with grated Italian-style cheese and fresh parsley. These complement seared, butter-basted beef steak, an artichoke & pecan nut-layered salad, and a roasted garlic mayo. You've outdone yourself, Chef!


Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

 Adventurous Foodie

 Paardenkloof Wines | Paardenkloof "Die Fynboshuis" Cabernet Sauvignon

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Ingredients & Prep

1	Tomato <i>rinse & cut into thin wedges</i>
20g	Green Leaves <i>rinse & roughly shred</i>
30g	Artichoke Hearts <i>drain & cut into quarters</i>
10g	Pecan Nuts <i>roughly chop</i>
200g	Potato <i>rinse, slice into thin matchsticks & pat dry</i>
10ml	Grated Italian-style Hard Cheese
3g	Fresh Parsley <i>rinse, pick & finely chop</i>
160g	Free-range Beef Sirloin
1	Garlic Clove <i>peel & grate</i>
10ml	NOMU Provençal Rub
1 unit	Roasted Garlic Mayo

From Your Kitchen

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

1. TOMATOES Place a pan over medium heat with a drizzle of oil. When very hot, fry the tomato wedges until charred, 2-3 minutes (shifting occasionally). In the final minute, add a sweetener and seasoning.

2. FAB SALAD In a salad bowl, combine the rinsed green leaves, the charred tomatoes, the artichoke quarters, the chopped pecan nuts, seasoning, and a drizzle of olive oil.

3. FANCY FRIES Return the pan to medium-high heat with enough oil to cover the base. When hot, fry the potato matchsticks until slightly golden and crispy, 2-4 minutes. Remove from the pan and drain on paper towel. Immediately toss with the grated cheese, the chopped parsley, and seasoning.

4. BEEF SIRLOIN STEAK Place a pan over medium-high heat with a drizzle of oil. Pat the beef dry with paper towel. When hot, sear the beef until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter, the grated garlic, and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. BISTRO DINNER Pile up some crispy flavour-packed fries. Side with the beef steak slices and the tossed salad. Serve with the mayo on the side for dunking. A classic!



Chef's Tip

Air fryer method: Coat the dried potato fries in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	709kJ
Energy	170kcal
Protein	8.1g
Carbs	8g
of which sugars	1g
Fibre	1.6g
Fat	9.7g
of which saturated	1.8g
Sodium	128mg

Allergens

Egg, Allium, Sulphites, Tree Nuts, Cow's Milk

Cook
within
4 Days