



UCCOOK

Sirloin & Rocket Salsa Verde

with millet, fresh mint & Danish-style feta

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Muratie Wine Estate | Muratie Martin Melck
Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	667kJ	3546kJ
Energy	160kcal	848kcal
Protein	9.9g	52.8g
Carbs	16g	86g
of which sugars	2.8g	14.6g
Fibre	2.8g	15g
Fat	3.7g	19.8g
of which saturated	1.5g	7.8g
Sodium	196mg	1042mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Millet
40g	80g	Peas
10g	20g	Capers <i>drain & roughly chop</i>
1	1	Garlic Clove <i>peel & grate</i>
20g	40g	Green Leaves <i>rinse</i>
3g	5g	Fresh Mint <i>rinse, pick & roughly chop</i>
15ml	30ml	Lemon Juice
160g	320g	Beef Sirloin
7,5ml	15ml	NOMU Roast Rub
1	1	Onion <i>peel & roughly slice</i>
25g	50g	Danish-style Feta <i>drain</i>
25g	50g	Piquanté Peppers <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Blender (optional)
Paper Towel
Butter
Seasoning (salt & pepper)
Sugar/Sweetener/Honey

1. MILLET Place the millet in a pot over medium heat. Toast until fragrant, 1-3 minutes (shifting occasionally). Add 150ml [300ml] of salted water and a drizzle of olive oil. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-12 minutes. Fluff with a fork. Toss through the peas and cover.

2. VERDE In a bowl, combine the capers, the garlic, the green leaves, and ½ the mint. Add the lemon juice (to taste), 30ml [60ml] of olive oil, sweetener (to taste), and seasoning. Mix until combined. Loosen with olive oil in 5ml increments until drizzling consistency. Alternatively, place all the ingredients in a blender and blend until combined.

3. STEAK Place a pan over 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 and ½ the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. ONION Return the pan with the pan juices to medium heat. Add a drizzle of oil if necessary. When hot, fry the onion and the remaining NOMU rub until lightly golden but still crunchy, 3-4 minutes (shifting occasionally).

5. SALAD In a salad bowl, combine the millet and peas, the feta, the piquanté peppers, the onion, and any remaining pan juices (to taste). Add a generous drizzle of olive oil and season.

6. YUM! Bowl up the millet salad. Top with the steak slices and drizzle over the homemade salsa verde. Garnish with the remaining mint.