



UCOOK

Lemon-garlic Beef Sirloin

with a creamy cucumber, radish & dill salad

A favourite go-to recipe for the no-fuss Chef who still wants loads of flavour. Enjoy a juicy, seared steak complemented with the delicate taste of roasted gem squash, and a refreshing dill and yoghurt salad.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Kate Gomba

 Carb Conscious

 Stellenzicht | Tristone Cabernet Sauvignon

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Ingredients & Prep

2	Gem Squash <i>halved & deseeded</i>
20ml	NOMU Roast Rub
320g	Free-range Beef Sirloin
1	Garlic Clove <i>peeled & grated</i>
200g	Cucumber <i>cut into matchsticks</i>
40g	Radish <i>rinsed & sliced into rounds</i>
40ml	Coconut Yoghurt
1	Fresh Dill <i>rinsed & roughly chopped</i>
20ml	Lemon Juice
40g	Salad Leaves <i>rinsed</i>

From Your Kitchen

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

1. WHAT A GEM Preheat the oven to 200°C. Place the deseeded gem squash halves on a roasting tray, cut-side up. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until cooked through and soft, 25-30 minutes. At the halfway mark, pop a small knob of butter (optional) into each half. Return to the oven for the remaining roasting time.

2. SEAR & SEASON When the roast has 10-15 minutes remaining, place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When the pan is hot, sear the steak fat-side down, until crispy, 3-5 minutes. Then, fry until cooked to your preference, 2-4 minutes per side. (This time frame may depend on the thickness of the steak.) During the final 1-2 minutes, baste with a knob of butter (optional), the remaining NOMU rub, and the grated garlic. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. DILL-LICIOUS SALAD In a salad bowl, combine the cucumber matchsticks, the radish rounds, the yoghurt, ½ the chopped dill, the lemon juice (to taste), and seasoning.

4. DINNER IS SERVED Plate up the roasted gem squash halves alongside the steak slices. Make a bed of the rinsed salad leaves and top with the creamy salad. Garnish with a sprinkle of the remaining dill. Divine, Chef!



Chef's Tip

Air fryer method: Coat the gem squash halves in oil, ½ of the NOMU rub, and seasoning. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway). At the halfway mark, pop a small knob of butter (optional) into each half. Return to the air fryer for the remaining time.

Nutritional Information

Per 100g

Energy	328kJ
Energy	78kcal
Protein	6.9g
Carbs	3g
of which sugars	0.8g
Fibre	1.1g
Fat	1.6g
of which saturated	0.6g
Sodium	106mg

Allergens

Allium

Cook
within
4 Days