



U C O O K

— COOKING MADE EASY

Flaming Cajun Sirloin

with bulgur wheat, lime, pesto & street-style corn

We're comin' in piping hot with spicy steak, zesty baby tomatoes, and the smoky flavour of scorched corn. With a base of Cajun-spiced bulgur and a delish drizzle made from yoghurt whipped with hemp and coriander pesto.

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Alex Levett



Health Nut

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Ingredients & Prep

150ml	Bulgur Wheat
15ml	NOMU Cajun Rub
40ml	The Real Food Factory Hemp Seed & Coriander Pesto
85ml	Greek Yoghurt
200g	Baby Tomato Medley <i>rinsed & halved</i>
1	Lime <i>zested & cut into wedges</i>
320g	Free-Range Beef Sirloin
200g	Corn <i>drained</i>
2	Garlic Clove <i>peeled & grated</i>
40g	Salad Leaves <i>rinsed</i>

From Your Kitchen

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

1. GET GOING! Boil the kettle. Using a bowl, submerge the bulgur wheat in 200ml of boiling water. Add a drizzle of oil, a pinch of salt, and half of the Cajun Rub (to taste). Gently stir through with a fork, cover with a plate, and set aside to steam for 15-20 minutes until cooked and tender. On completion, drain if necessary and fluff up with the fork. Replace the plate and set aside to keep warm until serving.

2. PESTO DRIZZLE & MARINATED TOMATOES Combine the pesto and yoghurt in a small bowl. Loosen with water or milk in 5ml increments until drizzling consistency, and season to taste. Place the halved baby tomatoes in a salad bowl. Toss through the lime zest to taste, a drizzle of oil, and some seasoning. Set both aside.

3. SEAR THE SMOKY SIRLOIN Place a nonstick pan over a 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 for 3-5 minutes until crispy. Then, fry each side for 2-4 minutes 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 and the remaining Cajun Rub to taste. On completion, place in a piece of tinfoil, pour in any pan juices, and close up tightly. Set aside to rest for 5 minutes before thinly slicing, reserving the juices for serving.

4. STREET-STYLE CORN Wipe away any burnt residue in the pan and return it to a medium heat with another drizzle of oil (if necessary). When hot, fry the drained corn for 2-3 minutes until lightly charred. Add the grated garlic and fry for another minute until fragrant, shifting constantly. Add a squeeze of lime to taste, season, and remove from the heat. Toss the rinsed salad leaves through the bowl of baby tomatoes.

5. YOUR CAJUN FEAST IS READY Make a bed of spiced bulgur, top with the smoky steak slices, and drizzle over the reserved meat juices. Serve the fresh salad and charred corn on the side. Dollop over the pesto yoghurt and garnish with any remaining lime wedges. Nice work, Chef!

Nutritional Information

Per 100g

Energy	656kj
Energy	157Kcal
Protein	10.3g
Carbs	16g
of which sugars	1.3g
Fibre	2.9g
Fat	3.6g
of which saturated	1g
Sodium	211mg

Allergens

Gluten, Dairy, Allium, Wheat, Tree Nuts

Cook
within
4 Days