



UCOOK

Heineken's Steak & Parsley Butter

with baby potatoes & a pear and walnut salad


Our homemade parsley butter recipe is one you'll be happy to add to your bag of tricks. Perfectly seared sirloin steak is topped with a herby butter sauce and served with a side of roasted baby potatoes. Accompanied by a classic summer salad of sweet pear slices, toasted walnuts, punchy gorgonzola, and a fresh lemon vinaigrette.


Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Heineken

 Adventurous Foodie

 Waterford Estate | Waterford Cabernet Sauvignon

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Ingredients & Prep

500g	Baby Potatoes <i>rinsed & halved</i>
30g	Walnuts <i>chopped</i>
40g	Green Leaves
1	Pear
100g	Cucumber
8g	Fresh Parsley
1	Lemon
60g	Gorgonzola
10ml	Worcestershire Sauce
320g	Free-range Beef Sirloin
20ml	NOMU Beef Rub

From Your Kitchen

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

1. LET'S PLAY HOT POTATO Preheat the oven to 200°C. Set 40g of butter aside to soften at room temperature. Spread the halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. THEY WAL-NUT DISAPPOINT Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. PREP STEP Rinse and roughly shred the green leaves. Core and thinly slice the pear. Cut the cucumber into half-moons. Rinse, pick, and roughly chop the parsley. Zest and cut the lemon into wedges. In a small bowl, combine the juice of 4 lemon wedges, a drizzle of olive oil, a sweetener, and seasoning.

4. IT'S A PERFECT PEAR-ING In a salad bowl, combine the shredded green leaves, the pear slices, the cucumber half-moons, and the chopped walnuts. Crumble in the gorgonzola. Just before serving, drizzle the lemon vinaigrette over the salad and toss until combined.

5. DOESN'T GET ANY BUTTER THAN THIS In a small bowl, combine the softened butter, the chopped parsley, the worcestershire sauce (to taste), the lemon zest (to taste), and a squeeze of lemon juice (to taste). Mash with a fork or potato masher and mix until combined and creamy.

6. THE STEAKS ARE HIGH Return the pan to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. Coat in oil and the NOMU rub. 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

7. SERVICE, PLEASE! Plate up the seared steak slices. Top with a dollop of the parsley butter - watch the butter melt into a delicious sauce! Side with the roasted baby potatoes and the dressed salad. Enjoy!



Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	502kj
Energy	120kcal
Protein	6.8g
Carbs	11g
of which sugars	3.6g
Fibre	2.1g
Fat	3.7g
of which saturated	1.3g
Sodium	128mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days