



UCCOOK

Beef Sirloin & Butternut

with a miso mayo & Danish-style feta

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Waterkloof | Revenant Wild Ferment Syrah

Nutritional Info	Per 100g	Per Portion
Energy	626kJ	3718kJ
Energy	150kcal	890kcal
Protein	8.3g	49.6g
Carbs	7g	43g
of which sugars	2.2g	13g
Fibre	1.6g	9.5g
Fat	7.4g	44.2g
of which saturated	1.7g	10.3g
Sodium	167mg	989mg

Allergens: Cow's Milk, Soya, Gluten, Allium, Wheat, Sulphites, Tree Nuts

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1

[Serves 2]

250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
10g	20g	Almonds <i>roughly chop</i>
50ml	100ml	Miso Mayo <i>(40ml [80ml] Mayo & 10ml [20ml] Miso Paste)</i>
3g	5g	Fresh Chives <i>rinse & finely slice</i>
160g	320g	Beef Sirloin
50g	100g	Cucumber <i>rinse & roughly chop</i>
20g	40g	Green Leaves <i>rinse & roughly shred</i>
30g	60g	Danish-style Feta <i>drain</i>
10ml	20ml	Lemon Juice
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. BEGIN WITH BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. NUTTY CRUNCH Place the almonds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. MMMAYO In a small bowl, combine the mayo with ½ the chives. Loosen with water in 5ml increments until the desired consistency. Season and set aside.

4. SUPERB 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). Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. FETA & ALMOND SALAD In a bowl, combine the salad leaves, the nuts, the cucumber, the feta, the lemon juice (to taste), the chilli (to taste), a drizzle of olive oil and seasoning. Set aside.

6. GRAB A PLATE Plate up the dressed salad, side with the beef slices and the butternut. Drizzle over the miso mayo and scatter with the remaining chives. It's time to eat, Chef!