

Eat Within 4 Days

QCOOK

Creation's Beef Sirloin & Bearnaise Sauce

with baked potato & sour cream

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Creation Winery

Wine Pairing: Creation Wines | Creation Syrah Grenache

Nutritional Info	Per 100g	Per Portion
Energy	708kJ	4143kJ
Energy	169kcal	991kcal
Protein	7.3g	42.8g
Carbs	10g	60g
of which sugars	3.3g	19.2g
Fibre	1.5g	8.5g
Fat	9.3g	54.6g
of which saturated	4.8g	28.2g
Sodium	68mg	399mg

Allergens: Sulphites, Egg, Cow's Milk, Alcohol

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato *rinse & peel (optional)*
120g	240g	Carrot *rinse, trim, peel & cut into wedges*
10ml	20ml	Wine & Vinegar *(5ml [5ml] White Wine Vinegar & 5ml [10ml] White Wine)*
50g	50g	Butter *cut into small cubes & keep chilled*
6g	10g	Mixed Herbs *(3g [5g] Fresh Chives & 3g [5gml] Fresh Parlsey)*
160g	320g	Beef Sirloin
10ml	20ml	Honey
5ml	10ml	Cumin Seeds
25ml	50ml	Sour Cream

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Cling Wrap
Sugar/Sweetener/Honey
Egg/s
Butter
Tinfoil

1. WRAP 'EM UP Preheat the oven to 200°C. Spread the potatoes on a roasting tray, then carefully poke them all around with a fork. Coat in oil, season, and wrap the potatoes in foil. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

2. CARROT WEDGES While the potatoes are roasting, spread the carrots on a roasting tray. Coat in oil and season. Roast on the bottom rack in the hot oven until golden, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

3. BUTTER-HERB SAUCE Finely chop the herbs. Place a pot over medium-low heat and cover the base with 2cm of water. Place a heatproof bowl over the pot of water. Add 1 egg yolk and the wine & vinegar. Whisk in one cube of butter at a time, stirring constantly. Only add the next butter cube when the previous one has melted. Remove the bowl from the pot of simmering water. Continue whisking until the sauce has thickened enough to coat the back of a spoon. Add ½ of the herbs and seasoning. Loosen with a splash of warm water if too thick. Cover with cling wrap directly on the surface of the sauce, and set aside on top of the pot of warm water.

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

5. CUMIN CARROTS Return the pan to the stove over medium heat with a knob of butter. Once the butter melts, add the cumin seeds and honey with a splash of water. Add in the roasted carrots and toss them gently through the glaze, then remove from the heat.

6. PERFECT POTATO Once the potatoes are done roasting, remove them from the foil. Cut them in half lengthwise (not all the way through). Mash the inside of the potato with a fork (ensure you keep the skin intact). Add a knob of butter and season. Top with a dollop of sour cream and sprinkle the remaining herbs on top.

7. FANCY, CHEF! Plate up the baked potato with your sliced steak alongside it. Drizzle the béarnaise sauce (loosen with another splash of warm water if necessary) over the steak and place the cumin-glazed carrots alongside. Dinner is ready, well done, Chef!

Chef's Tip Covering the sauce with the cling wrap directly on the surface of the sauce prevents the sauce from forming a skin, while you prepare the other components of your dish.