

# UCCOOK

## Beef Sirloin & Green Bean Salad

with a white balsamic dressing

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Jenna Peoples

**Wine Pairing:** Groote Post Winery | Groote Post Merlot

### Nutritional Info

	Per 100g	Per Portion
Energy	529kJ	2878kJ
Energy	127kcal	688kcal
Protein	8.5g	46.4g
Carbs	10.6g	57.9g
of which sugars	3.1g	16.7g
Fibre	1.4g	7.5g
Fat	2.9g	15.5g
of which saturated	1.2g	6.3g
Sodium	131mg	714mg

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** None

Eat Within 4 Days



## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
250g	500g	Baby Potatoes <i>rinse &amp; halve</i>
80g	160g	Green Beans <i>rinse &amp; halve</i>
160g	320g	Beef Sirloin
5ml	10ml	NOMU Italian Rub
15ml	30ml	Honey-mustard <i>(10ml [20ml] Wholegrain Mustard &amp; 5ml [10ml] Honey)</i>
15ml	30ml	White Balsamic Vinegar
20g	40g	Danish-style Feta <i>drain</i>

## From Your Kitchen

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Seasoning (salt & pepper)

Water

Oil (cooking, olive or coconut)

Paper Towel

Butter

**1. BOIL THE POTATOES** Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, season, and cover.

**2. CHAR THE BEANS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

**3. SEAR THE STEAK** Return the pan to 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 and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**4. DINNER IS SERVED!** Just before serving, combine the honey-mustard, white balsamic and some olive oil (in your dinner bowl). Toss the potatoes and green beans through the dressing and season. Top with your steak and crumble over the feta and dig in, Chef!