UCOOK

# Bulgogi Beef Sirloin & Fries

**with smashed cucumber & pickled ginger**

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Lauren Nel

**Wine Pairing:** Bertha Wines | Bertha Shiraz

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 683kJ | 4033kJ |
| Energy | 163kcal | 965kcal |
| Protein | 7.5g | 44.5g |
| Carbs | 9g | 53g |
| of which sugars | 1.8g | 10.9g |
| Fibre | 1.2g | 7.2g |
| Fat | 8.4g | 8.4g |
| of which saturated | 0.8g | 4.8g |
| Sodium | 264mg | 1559mg |

**Allergens:** Sulphites, Egg, Gluten, Sesame, Wheat, Soya, Allium

**Spice Level:** Mild

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|---|---|---|
| 600g | 800g | Potato<br>*rinse, peel (optional) & cut into skinny, 5mm thick chips* |
| 15ml | 20ml | NOMU Oriental Express |
| 150ml | 200ml | Bulgogi Sauce<br>*(60ml [80ml] Soy Sauce, 7.5ml [10ml] Sesame Oil, 52.5ml [70ml] BBQ Sauce & 30ml [40ml] Chilli Oil)* |
| 480g | 640g | Beef Sirloin |
| 2 | 2 | Garlic Cloves<br>*peel & grate* |
| 300g | 400g | Cucumber<br>*rinse* |
| 45ml | 60ml | Rice Wine Vinegar |
| 125ml | 160ml | Kewpie Mayo |
| 45g | 60g | Pickled Ginger<br>*drain & roughly chop* |
| 7.5ml | 10ml | Black Sesame Seeds |

## From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Rolling Pin

1. FAB FRIES Preheat the oven to 200°C. Generously cover the base of a roasting tray in oil. Add the potato, NOMU rub, season, and toss until coated. Spread out in a single layer and roast in the hot oven until cooked through and crispy, 35-40 minutes. At the halfway mark, gently shift the chips and drain any excess oil. Return to the oven for the remaining roasting time. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. SEAR THE 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 bulgogi sauce and garlic. Remove from the pan with all the pan juices and rest for 5 minutes before slicing and seasoning.

3. SMASHED CUCUMBER Using a rolling pin or bottle, smash the cucumber, slice into bite-sized pieces, and add to a bowl. Mix in the vinegar and toss to combine. Season and set aside.

4. TIME TO DINE Dish up the fries and side with the steak slices, pouring all the remaining pan juices over the steak. Top with dollops of the Kewpie mayo. Serve the smashed cucumber on the side and garnish with the pickled ginger and sesame seeds. Dig in, Chef!