



U C O O K

— COOKING MADE EASY

Swift Sirloin Supper

**with charred artichokes, kalamata olives
& bulgur wheat**

Step up your steak supper game with this seared sirloin, basted with fragrant garlic-thyme butter. Get an added boost from an olive and grilled artichoke bulgur salad, a leafy tomato salad, and the healthy crunch of sunflower seeds!

Hands-On Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Thandi Mamacos



Health Nut

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Ingredients & Prep

| | |
|-------|---|
| 100ml | Bulgar Wheat |
| 5ml | Vegetable Stock |
| 10g | Sunflower Seeds |
| 50g | Quartered Artichoke Hearts <i>drained</i> |
| 1 | Lemon <i>one half zested & cut into wedges</i> |
| 160g | Free-Range Beef Sirloin |
| 3g | Fresh Thyme <i>rinsed</i> |
| 1 | Garlic <i>peeled & bashed</i> |
| 25g | Pitted Kalamata Olives <i>drained & halved</i> |
| 80g | Baby Tomatoes <i>rinsed & halved</i> |
| 20g | Green Leaves <i>rinsed</i> |
| 3g | Fresh Parsley <i>rinsed, picked & chopped</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Butter (optional)
Paper Towel
Tinfoil

1. COOK THE BULGUR Boil the kettle. Using a shallow bowl, submerge the bulgur wheat and stock in 200ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 15-20 minutes until cooked and tender. Fluff up with the fork on completion.

2. TOASTY SUNFLOWER SEEDS Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. CHARRED ARTICHOKE Return the pan to a high heat with a drizzle of oil. When very hot, fry the artichokes for 20-30 seconds per side until charred and caramelised. Remove from the pan on completion and season with a generous pinch of salt and a squeeze of lemon juice. Set aside for step 5.

4. SIZZLING SIRLOIN Return the pan to a medium-high heat with another drizzle of oil. Pat the steak dry with some paper towel. When the pan is hot, sear the steak fat-side down for 3-5 minutes until crispy. Then, fry each side for 2-4 minutes or until cooked to your preference. (The time this takes will depend on the thickness of the steak.) During the final 1-2 minutes, baste the steak with a knob of butter, the rinsed thyme sprigs, and the bashed garlic. On completion, remove from the pan and place in a piece of tinfoil. Pour in the pan juices, including the thyme and garlic, and close up tightly. Set aside to rest for 5 minutes before thinly slicing, reserving the juices. Lightly season the slices.

5. SALAD STUFF! When the bulgur is cooked, stir through the charred artichokes and halved olives. In a separate bowl, toss together the halved baby tomatoes, the rinsed green leaves, and three-quarters of the chopped parsley. Add a drizzle of olive oil, the juice of 1 lemon wedge, and some lemon zest to taste. Toss to coat and season to taste. You can either mix these two salads together or serve them separately – the choice is yours!

6. DISH UP YOUR DINNER Plate the juicy steak slices alongside the bulgur and artichoke salad and the fresh tomato salad. Pour the pan juices over the steak and garnish with the remaining chopped parsley. Dig in, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 699kj |
| Energy | 167Kcal |
| Protein | 10.7g |
| Carbs | 17g |
| of which sugars | 0.8g |
| Fibre | 4g |
| Fat | 3.9g |
| of which saturated | 0.9g |
| Sodium | 247mg |

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within
4 Days