

Eat Within 4 Days

UCOOK

Succulent Beef Sirloin & Creamed Corn

with potato mash & crispy onion bits

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post Merlot

Nutritional Info	Per 100g	Per Portion
Energy	614kJ	3244kJ
Energy	147kcal	776kcal
Protein	9.2g	48.5g
Carbs	12g	65g
of which sugars	1.4g	7.4g
Fibre	1.8g	9.3g
Fat	4.6g	24.2g
of which saturated	1.8g	9.5g
Sodium	56mg	298mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato *rinse, peel & cut into bite-sized pieces*
160g	320g	Beef Sirloin
80g	160g	Corn
1	1	Garlic Clove *peel & grate*
5ml	10ml	Smoked Paprika
50ml	100ml	Sour Cream
7.5ml	15ml	Dijon Mustard
15ml	30ml	Grated Italian-style Hard Cheese
3g	5g	Fresh Basil *rinse, pick & roughly tear*
5g	10g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Butter
Paper Towel
Milk (optional)

1. MASH Place the potato in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. BEEF 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.

3. CREAMED CORN Place a small pot over medium heat with a drizzle of oil and a knob of butter. When hot, fry the corn until lightly charred, 3-4 minutes. Add the garlic and paprika. Fry until fragrant, 30-60 seconds. Mix in the sour cream, Dijon mustard, cheese, and a splash of water. Cook until combined and warmed through, 1-2 minutes. Remove from the heat and season.

4. DINNER IS READY Plate up the buttery mash, side with creamed corn and the beef slices. Garnish with a scatter of basil and crispy onions. Cheers, Chef!

Chef's Tip Mash potatoes while they're hot for the smoothest, creamiest result.