



UCOOK

Sirloin & Healthy Slaw

with roast baby potatoes, caramelised onions & fresh mint

Give your gut what it needs and your taste buds what they deserve: the steak and potato combo you just can't get enough of plus a mayo-free slaw, tossed with coconut yoghurt and apple cider vinegar – both of which contain probiotics!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 Easy Peasy

 Warwick Wine Estate | Professor Black Pitch Black

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Ingredients & Prep

200g	Baby Potatoes <i>rinsed & halved</i>
1	Onion <i>peeled & finely sliced</i>
5ml	NOMU Coffee Rub
45ml	Coconut Yoghurt
4g	Fresh Mint <i>rinsed, picked & roughly sliced</i>
15ml	Apple Cider Vinegar
100g	Red Cabbage <i>thinly sliced</i>
20g	Green Leaves <i>rinsed</i>
160g	Free-range Beef Sirloin
15g	Nut & Seed Mix <i>(5g Walnuts, 5g Dried Cranberries & 5g Pumpkin Seeds)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Sugar/Sweetener/Honey
Milk (optional)
Butter (optional)

1. GOLDEN ROASTIES Preheat the oven to 200°C. Place the halved baby potatoes on a roasting tray. Coat in oil, season, and spread out in a single layer. Roast in the hot oven for 30-35 minutes until crispy on the outside and soft on the inside, shifting halfway.

2. CREAMY ONION Place a nonstick pan over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 7-9 minutes until soft and caramelised, shifting occasionally. At the halfway mark, add the Coffee Rub (to taste). Remove from the pan on completion, cover to keep warm, and set aside for serving.

3. DID SOMEONE SAY PROBIOTICS? When the potatoes have 10 minutes remaining, place the yoghurt in a salad bowl and combine with 1 tsp of a sweetener of choice until dissolved. Mix in $\frac{3}{4}$ of the sliced mint and add the apple cider vinegar to taste. Loosen with milk or water in 5ml increments until drizzling consistency, then toss through the cabbage and rinsed green leaves until coated. Season and set aside for serving.

4. SEAR THE SIRLOIN Return the pan to a medium-high heat with a drizzle of oil. Pat the steak dry with 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. (This time frame may depend on the thickness of the steak.) During the final 1-2 minutes, baste the steak with a knob of butter (optional). Remove from the pan on completion and allow to rest for 5 minutes before slicing. Lightly season the slices.

5. DO YOUR BODY A SOLID! Serve up some golden roast potatoes alongside the gut-friendly slaw. Side with the juicy steak slices and top with the coffee-caramelised onion. Garnish the slaw with the nut and seed mix and sprinkle the remaining sliced mint over the lot. Simply delish!



Chef's Tip

Caramelised onions reach their full potential when sliced finely and cooked slowly. If you have time, fry over a low heat and add on an extra 10-15 minutes cooking time.

Nutritional Information

Per 100g

Energy	355kj
Energy	85Kcal
Protein	6.5g
Carbs	4g
of which sugars	1.9g
Fibre	1.5g
Fat	2.1g
of which saturated	0.6g
Sodium	61mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within
4 Days