



# UCOOK

## Sizzling Sirloin & Roasted Beets

with tahini dressing, pickled slaw & dried cranberries

Deliciously easy to make and packed with probiotics to keep your gut in good health. Tuck into this healthy feast of sizzling rubbed beef sirloin, tender roasted baby beets, and healthy pickled salad, all drizzled with tasty tahini dressing. Healthy happy tum - here we come!

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**Hands-On Time:** 15 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Ella Nasser

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♥ Health Nut

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🍷 Haute Cabrière | von Arnim Family Reserve

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## Ingredients & Prep

250g	Baby Beetroot <i>rinsed, trimmed, &amp; halved</i>
5ml	NOMU African Rub
15g	Almonds
75g	Shredded Cabbage & Julienne Carrot
3g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
10g	Dried Cranberries <i>roughly chopped</i>
20g	Green Leaves <i>rinsed</i>
15ml	Sweet Pickling Liquid <i>(10ml Red Wine Vinegar &amp; 5ml Honey)</i>
1	Lemon <i>zested &amp; cut into wedges</i>
30ml	Tahini
160g	Free-range Beef Sirloin

## From Your Kitchen

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

**1. DROP THE BEETS** Preheat the oven to 200°C. Toss the halved beets with 1 tbsp of oil, ½ of the African Rub (to taste) and seasoning. Place on a tin foil-lined roasting tray and roast in the hot oven for 30-35 minutes, shifting halfway, until charred and tender. Set aside for serving.

**2. PROBIOTIC SALAD** Place a pan over a medium heat with the almonds. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan and roughly chop when cool enough to handle. Place the cabbage and carrot, chopped parsley, chopped cranberries, chopped almonds, and rinsed green leaves in a bowl. Toss through the pickling liquid and juice from 1 lemon wedge, season and set aside.

**3. TAHINI DRESSING** In a separate bowl, whisk together the tahini, a sweetener of choice, some lemon zest and season. Add water in 5ml increments until drizzling consistency.

**4. SIZZLING SIRLOIN** When the beets have 10 minutes to go, return the pan over a medium-high heat. Rub the sirloin in some oil and pepper. When the pan is hot, fry the sirloin fat-side down for 3-5 minutes until the fat is golden and rendered. Then, fry for 2-4 minutes per side depending on the thickness and your preference. In the final minute, baste the sirloin with a knob of butter (optional) and the remaining African rub. Remove from the pan, and let it rest for 5 minutes before slicing and lightly seasoning with salt.

**5. HEALTHY DINING!** Dish up the roasted beets with the sliced steak. Serve the pickled salad on the side. Drizzle over the tahini dressing and garnish with the remaining lemon wedges. Enjoy!



## Chef's Tip

The beetroot skin adds flavour and nutrients, but can be removed if you prefer. If you're leaving it on, remember to rinse it well!

## Nutritional Information

Per 100g

Energy	551kj
Energy	132Kcal
Protein	8.1g
Carbs	8g
of which sugars	2.7g
Fibre	2.7g
Fat	5.1g
of which saturated	0.9g
Sodium	96mg

## Allergens

Allium, Sesame, Sulphites, Tree Nuts

Cook  
within 3  
Days