



UCCOOK

Lemon-garlic Beef Sirloin

with a creamy cucumber & dill salad

Hands-on Time: 25 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	362kJ	2087kJ
Energy	87kcal	499kcal
Protein	6.9g	40.1g
Carbs	4g	26g
of which sugars	2g	9g
Fibre	1g	7g
Fat	2.1g	12.2g
of which saturated	0.7g	4.2g
Sodium	112mg	646mg

Allergens: Allium, Sulphites

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

3	4	Gem Squash <i>halve & deseed</i>
30ml	40ml	NOMU Roast Rub
480g	640g	Beef Sirloin
2	2	Garlic Cloves <i>peel & grate</i>
300g	400g	Cucumber <i>cut into matchsticks</i>
60ml	80ml	Coconut Yoghurt
8g	10g	Fresh Dill <i>rinse & roughly chop</i>
30ml	40ml	Lemon Juice
60g	80g	Salad Leaves <i>rinse</i>
60g	80g	Sun-dried Tomatoes <i>drain & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

1. WHAT A GEM Preheat the oven to 200°C. Place the deseeded gem squash on a roasting tray, cut-side up. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until cooked through and soft, 30-35 minutes.

2. SEAR & SEASON When the roast has 10-15 minutes remaining, place a pan over 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, until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). During the final 1-2 minutes, spice with the remaining NOMU rub, and the garlic. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. DILL-LICIOUS SALAD In a salad bowl, combine the cucumber, the yoghurt, ½ the dill, the lemon juice (to taste), and seasoning.

4. DINNER IS SERVED Plate up the roasted gem squash alongside the steak slices. Make a bed of the salad leaves, and the sun-dried tomatoes, and top with the creamy salad. Garnish with a sprinkle of the remaining dill. Divine, Chef!