

UCOOK

Sumptuous Sirloin & Rustic Mash

with edamame beans & chimichurri

Tender sirloin is adorned in a garlic butter basting, drizzled with chimichurri and served alongside a rustic potato mash. Sided with a flavoursome edamame and baby tomato salad. Topped with ribbons of Italian-style cheese - it's a glorious taste sensation you will never forget!

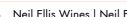
Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

Adventurous Foodie



Neil Ellis Wines | Neil Ellis Stellenbosch Cabernet Sauvignon 2020

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Ingredients & Prep

240g

120g

480g

600g Potato rinse, peel (optional) & cut into bite-sized pieces

> **Baby Tomatoes** rinse & cut in half

Edamame Beans

45ml Lemon Juice 8g Fresh Parsley

rinse, pick & roughly chop

Free-range Beef Sirloin

Garlic Cloves 3

peel & grate

45g Italian-style Hard Cheese peeled into ribbons

Salad Leaves 60g rinse

45ml Pesto Princess Chimichurri Sauce

From Your Kitchen

Oil (cooking, olive or coconut)

Salt & Pepper

Water

Paper Towel

Butter

- 1. ROAST & MARINATE Boil the kettle. Preheat the oven to 200°C. Spread the potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through, 35-40 minutes (shifting halfway). Place the halved baby tomatoes in a bowl with a drizzle of oil, the lemon
- 2. EASY EDAMAME Submerge the edamame beans in salted boiling water until plumped, 3-4 minutes. Drain and add to the bowl of tomatoes.

juice, ½ of the chopped parsley, and seasoning. Toss to combine.

- 3. TIME TO FRY Place 30g of butter in a microwave safe bowl and melt in the microwave until liquid. Alternatively, melt in a pan on the stove. Combine the melted butter with the grated garlic and seasoning. When the potatoes have 8-10 minutes remaining, place a pan over medium-high heat with a drizzle of oil. Pat the sirloin dry with paper towel. Brush the steak with the garlic butter. 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). Remove from the pan, reserving the pan juices, and rest for 5 minutes before slicing and seasoning.
- 4. SMASH & ASSEMBLE When the potatoes are soft and golden, mash in a bowl with a knob of butter until a chunky mash and season. Just before serving, toss the cheese ribbons and the rinsed salad leaves through the tomato salad until well combined. Add a drizzle of olive oil and seasoning. Loosen the chimichurri with olive oil in 5ml increments until drizzling consistency.
- 5. DELECTABLE DINNER Plate up the potato mash and top with the sliced sirloin. Drizzle the chimichurri over the steak and side with the bean and tomato salad. Garnish with the remaining chopped parsley. Yes please!



Air fryer method: Coat the potato pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100a

En	nergy	500kJ
En	nergy	119kcal
Pr	otein	9.1g
Ca	arbs	9g
of	which sugars	0.9g
Fil	ore	1.6g
Fa	t	3.2g
of	which saturated	0.9g
Sc	odium	62mg

Allergens

Egg, Allium, Sulphites, Soy, Cow's Milk

Eat Within 3 Days