



UCOOK

Red Chimichurri & Beef Sirloin

with roasted carrot & beetroot


Vibrant root vegetables are roasted until golden and served alongside sizzling beef sirloin steak. It is topped with a delicious homemade red chimichurri sauce, made from red pepper, spring onion, and fresh chilli. This dish hits the spot every time!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Adventurous Foodie

 Boschendal | Nicolas

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

150g	Beetroot <i>trimmed, peeled (optional) & cut into bite-sized chunks</i>
240g	Carrot <i>rinsed, trimmed & cut into wedges</i>
1	Red Bell Pepper
10g	Pumpkin Seeds
1	Garlic Clove <i>peeled & grated</i>
5ml	Smoked Paprika
160g	Free-range Beef Sirloin
1	Spring Onion <i>rinsed, trimmed & finely chopped</i>
4g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
1	Fresh Chilli <i>deseeded & finely chopped</i>
10ml	Red Wine Vinegar

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Cling Wrap (optional)
Paper Towel
Butter (optional)

1. BEETS & ROOTS Preheat the oven to 200°C. Place the beetroot chunks and the carrot wedges on a roasting tray. Coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy, shifting halfway.

2. PEPPER POWER Place the whole pepper on a roasting tray. Coat in oil. Pop in the hot oven and roast for 15-20 minutes, until cooked through and starting to char. On completion, remove from the oven and place in a bowl. Cover the bowl with cling wrap or a plate and set aside to steam for 10-15 minutes.

3. TOAST & FRY Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion and set aside to cool. Return the pan to a medium heat with a drizzle of oil. When hot, add the grated garlic and the paprika. Fry for 30-60 seconds until fragrant, shifting constantly. Remove from the pan on completion and place in a bowl.

4. SIRLOIN SENSATION Return the pan to a medium-high heat with a drizzle of oil. Pat the steak dry with some paper towel. When the pan is hot, sear the steak fat-side down, for 3-5 minutes until crispy. Then, fry for 2-4 minutes per side, 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 or a drizzle of oil. Remove from the pan on completion and allow to rest for 5 minutes before slicing. Lightly season the slices.

5. RED CHIMICHURRI When the pepper is done steaming, peel off the skin. Cut in half and remove the seeds. Set half the pepper aside for another meal. Finely chop the remaining half and place in the bowl with the paprika & garlic. Add the chopped spring onion, $\frac{3}{4}$ of the chopped parsley, the chopped chilli and the vinegar (both to taste). Mix until fully combined. Add oil in 5ml increments until a drizzling consistency. Season to taste.

6. CHIMI CHIMI BANG BANG! Plate up the roasted beetroot & carrot. Side with juicy steak slices drizzled with the red chimichurri sauce. Sprinkle over the toasted pumpkin seeds and garnish with the remaining parsley and any remaining chilli (to taste). Well done, Chef!

Nutritional Information

Per 100g

Energy	302kJ
Energy	72Kcal
Protein	5.6g
Carbs	6g
of which sugars	2.5g
Fibre	2g
Fat	1.2g
of which saturated	0.4g
Sodium	43mg

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within
4 Days