



# 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:** 30 minutes

**Overall Time:** 50 minutes


---

**Serves:** 3 People


---

**Chef:** Samantha Finnegan

---

 Easy Peasy

---

 Warwick Wine Estate | Professor Black Pitch Black

---

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

## Ingredients & Prep

600g	Baby Potatoes <i>rinsed &amp; halved</i>
2	Onions <i>peeled &amp; finely sliced</i>
15ml	NOMU Coffee Rub
125ml	Coconut Yoghurt
12g	Fresh Mint <i>rinsed, picked &amp; roughly sliced</i>
45ml	Apple Cider Vinegar
300g	Red Cabbage <i>thinly sliced</i>
60g	Green Leaves <i>rinsed</i>
480g	Free-range Beef Sirloin
45g	Nut & Seed Mix <i>(15g Walnuts, 15g Dried Cranberries &amp; 15g 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 35-40 minutes until crispy on the outside and soft on the inside, shifting halfway.

**2. CREAMY ONION** Place a large, nonstick pan over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 12-15 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 tbsp 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 delight!



## 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