



UCCOOK

Lyonnais Potatoes & Sirloin Steak

with charred peppers & a Dijon dressed salad

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Chris Dugmore

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Pebble Hill

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 384kJ | 3484kJ |
| Energy | 92kcal | 833kcal |
| Protein | 5.9g | 53.2g |
| Carbs | 9g | 80g |
| of which sugars | 2.7g | 24.7g |
| Fibre | 1.6g | 14.3g |
| Fat | 2.3g | 20.7g |
| of which saturated | 0.7g | 6.3g |
| Sodium | 76mg | 688mg |

Allergens: Cow's Milk, Egg, Allium, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|----------|------------|---|
| 750g | 1kg | Baby Potatoes <i>rinse & cut into 1cm thick rounds</i> |
| 2 | 2 | Bell Peppers <i>rinse, deseed & cut 1½ [2] into strips</i> |
| 2 | 2 | Onions <i>peel & roughly slice 1½ [2]</i> |
| 45ml | 60ml | Lemon Juice |
| 30ml | 40ml | Dijon Mustard |
| 60g | 80g | Green Leaves <i>rinse</i> |
| 75g | 100g | Sun-dried Tomatoes <i>roughly chop</i> |
| 60g | 80g | Italian-style Hard Cheese <i>peel into ribbons</i> |
| 480g | 640g | Beef Sirloin |
| 15ml | 20ml | NOMU One For All Rub |

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Seasoning (salt & pepper)

1. BOIL THE POTS Place the potato into a pot of salted water. Bring to a boil and simmer until soft, 5-6 minutes. Drain and set aside.

2. CHARRED PEPS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the pepper until lightly charred, 4-6 minutes (shifting occasionally). Season, remove from the pan, and set aside.

3. CRISPY POTATOES When the potatoes are cooked, return the pan to medium-high heat with a drizzle of oil and a knob of butter. When hot, fry ½ the boiled potatoes and the onion until starting to brown and char, 5-6 minutes (shifting occasionally). Add the remaining potato, another drizzle of oil, and another knob of butter. Lower the heat slightly and fry until the onion is golden and the potato is starting to crisp, 5-10 minutes (shifting occasionally).

4. STUNNING SALAD In a small bowl, combine the lemon juice, the mustard, a drizzle of oil, and seasoning. Toss through the leaves, the sun-dried tomatoes, the peppers, and the ½ the hard cheese. Set aside.

5. BASTE THE STEAK Place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. 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). In the final minute, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

6. SERVICE, PLEASE! Plate up the tender steak slices and side with the lyonnaise potatoes. Place the mustard-dressed salad alongside and garnish with the remaining cheese. Delish, Chef!