



# UCOOK

## Ultimate Steakhouse Sirloin

**with buttermilk onion rings, crispy fries  
& creamed spinach**

Indulge in our take on a classic combo - sirloin steak, crispy chips, buttermilk-battered onion rings, and creamed spinach. All the flavours we love are packed into one easy peasy dish. All the yum without the effort!

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**Hands-On Time:** 35 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Megan Bure

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 Easy Peasy

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 Warwick Wine Estate | Professor Black Pitch  
Black

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## Ingredients & Prep

|       |                                                                                  |
|-------|----------------------------------------------------------------------------------|
| 400g  | Potato<br><i>peeled (optional) &amp; cut into<br/>skinny, 5mm thick chips</i>    |
| 100ml | Buttermilk                                                                       |
| 5ml   | Baking Powder                                                                    |
| 80ml  | Cake Flour                                                                       |
| 1     | Onion<br><i>peeled, cut into thick<br/>rounds &amp; separated into<br/>rings</i> |
| 320g  | Free-range Beef Sirloin                                                          |
| 20ml  | NOMU Roast Rub                                                                   |
| 1     | Garlic Clove<br><i>peeled &amp; grated</i>                                       |
| 5ml   | Ground Nutmeg                                                                    |
| 150g  | Spinach<br><i>rinsed &amp; roughly shredded</i>                                  |
| 100ml | Fresh Cream                                                                      |
| 60ml  | That Mayo (Garlic)                                                               |

## From Your Kitchen

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

**1. GOLDEN FRITES** Preheat the oven to 200°C. Generously cover the base of a roasting tray in oil. Add the potato chips, seasoning, and toss until coated. Spread out in a single layer and roast in the hot oven for 30-35 minutes until cooked through and crispy. At the halfway mark, gently shift the chips and drain any excess oil. Return to the oven for the remaining roasting time.

**2. PREP STEP** Place the buttermilk in a bowl and whisk until smooth. Add the baking powder, seasoning and  $\frac{3}{4}$  of the flour. Mix until a thick batter forms. If too thick, add water in 10ml increments until desired consistency.

**3. ONION RINGS** Place a pot over a medium-high heat with 4-5cm of oil. Toss the onion rings in the remaining flour. When the oil is hot, dip the onion rings in the buttermilk batter, allowing the excess to drip off, and carefully lower into the hot oil. Fry for 1–2 minutes or until golden brown, shifting halfway. Drain on some paper towel.

**4. JUICY STEAK** Pat the steaks dry with some paper towel. Place a pan over a medium-high heat with a drizzle of oil. When hot, sear the steaks 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 steaks). During the final 1-2 minutes, baste with a knob of butter and the rub. Remove from the pan on completion and allow to rest for 5 minutes before slicing. Lightly season the slices.

**5. CREAMY SPINACH** Return the pan to a medium heat with a drizzle of oil. When hot, add the grated garlic and the ground nutmeg and fry for 30-60 seconds until fragrant, shifting constantly. Stir in the shredded spinach and the cream. Reduce the heat and simmer for 3-5 minutes until the spinach is wilted and the cream is thickening. If it's too thick, loosen with a splash of warm water. Remove from the heat on completion.

**6. DIVINE DINNER** Pile up some crispy fries. Side with the creamy spinach and the onion rings. Serve the steak slices alongside, with the mayo on the side for dunking. A classic!



## Chef's Tip

If you're worried your onion rings will get cold before serving, pop them into the oven at 100°C to keep warm until serving.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 626kj   |
| Energy             | 150Kcal |
| Protein            | 7.3g    |
| Carbs              | 13g     |
| of which sugars    | 1.6g    |
| Fibre              | 1.8g    |
| Fat                | 5.9g    |
| of which saturated | 2.8g    |
| Sodium             | 221mg   |

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within  
4 Days