



# UCCOOK

## Beef Steak Prego

with a Portuguese roll & side salad

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Megan Bure

**Wine Pairing:** Delheim Wines | Delheim  
Shiraz/Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	583kj	2982kj
Energy	140kcal	713kcal
Protein	9.6g	49.1g
Carbs	12g	59g
of which sugars	1.9g	9.5g
Fibre	0.7g	3.5g
Fat	3.4g	17.5g
of which saturated	1.2g	6.2g
Sodium	210mg	1075mg

**Allergens:** Cow's Milk, Egg, Gluten, Allium, Wheat, Soy

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
160g	320g	Beef Sirloin
50ml	100ml	Prego Sauce
1	2	Portuguese Roll/s
20g	40g	Green Leaves <i>rinse</i>
50g	100g	Cucumber <i>rinse &amp; roughly dice</i>
1	1	Tomato <i>rinse &amp; roughly dice ½ [1]</i>
20g	40g	Danish-style Feta <i>drain</i>

## From Your Kitchen

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

**1. PREGO 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, 2-3 minutes per side (for medium-rare). In the final minute, baste with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning. Place the slices in a bowl and toss through the prego sauce.

**2. ON A ROLL** Halve the roll/s, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the bun/s, cut-side down, until golden, 1-2 minutes.

**3. SIMPLE SALAD** In a bowl, toss together the green leaves, the cucumber, the tomato, the feta, a drizzle of olive oil, and seasoning. Set aside.

**4. DINNER IS DONE!** Serve up a toasted roll/s with the prego sirloin slices. Side with the dressed salad. Cheers, Chef!