



UCCOOK

Rustic Mash & Beef Sirloin

with edamame beans & chimichurri

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post Old Man's Blend Red Blend

Nutritional Info

	Per 100g	Per Portion
Energy	468kJ	2725kJ
Energy	112kcal	652kcal
Protein	8.5g	49.6g
Carbs	9g	50g
of which sugars	1.2g	7.3g
Fibre	1.5g	8.7g
Fat	2.8g	16.2g
of which saturated	0.8g	4.4g
Sodium	54mg	312mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
1	1	Tomato <i>rinse & cut into bite-sized pieces</i>
15ml	30ml	Lemon Juice
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
40g	80g	Edamame Beans
1	1	Garlic Clove <i>peel & grate</i>
160g	320g	Beef Sirloin
10g	20g	Italian-style Hard Cheese <i>peel into ribbons</i>
20g	40g	Green Leaves <i>rinse</i>
15ml	30ml	Pesto Princess Chimichurri Sauce

From Your Kitchen

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

1. ROAST Boil the kettle. Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. MARINATE Place the tomato in a bowl with a drizzle of olive oil, the lemon juice, ½ of the parsley, and seasoning. Toss to combine.

3. EASY EDAMAME Submerge the edamame beans in salted boiling water until plumped, 3-4 minutes. Drain and add to the bowl of tomatoes.

4. TIME TO FRY Place 10g [20g] of butter in a microwave-safe bowl and melt in the microwave until liquid. Alternatively, melt in a pan on the stove. Combine the melted butter with the garlic and seasoning. When the potatoes have 8-10 minutes remaining, place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. Brush the steak with the garlic butter. 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). Remove from the pan, reserving the pan juices, and rest for 5 minutes before slicing and seasoning.

5. MASH & ASSEMBLE When the potatoes are soft and golden, mash in a bowl with a knob of butter until a chunky mash and season. Just before serving, toss the cheese and the green leaves through the tomato salad until well combined. Add a drizzle of olive oil and seasoning. Loosen the chimichurri with olive oil in 5ml increments until drizzling consistency.

6. DELECTABLE DINNER Plate up the potato mash and top with the steak. Drizzle the chimichurri over the steak and side with the bean and tomato salad. Garnish with the remaining parsley. Yes, please!