



U C O O K

— COOKING MADE EASY

SALSA VERDE SIRLOIN

with peri-peri sweet potato wedges, feta & a vibrant salad

Tender beef sirloin + roast sweet potato = foolproof dinner bliss! Spruce things up with sprinklings of peri-peri spice, freshly made salsa verde sauce, and a crunchy radish, cucumber, pumpkin seed, and feta salad.

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Klaudia Weixelbaumer



Health Nut

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Ingredients & Prep

1kg	Sweet Potato <i>rinsed & cut into wedges (skin on)</i>
30ml	NOMU Peri-Peri Rub
10g	Fresh Parsley <i>rinsed & finely chopped</i>
10g	Fresh Coriander <i>rinsed & finely chopped</i>
2	Garlic Clove <i>peeled & grated</i>
3	Lemon <i>zested & cut into wedges</i>
40g	Pumpkin Seeds
640g	Free-Range Beef Sirloin
80g	Salad Leaves <i>rinsed</i>
160g	Danish-Style Feta <i>drained</i>
200g	Cucumber <i>sliced into thin rounds</i>
80g	Radish <i>rinsed & thinly sliced</i>

From Your Kitchen

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

1. PERI-PERI WEDGES Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray. Coat in oil, the Peri-Peri Rub to taste, and some seasoning. Roast in the hot oven for 35-40 minutes until cooked through and starting to crisp, shifting halfway.

2. SALSA VERDE TIME! Place the chopped parsley and coriander in a bowl and add the grated garlic to taste. Mix in 60ml of olive oil, the juice of 6 lemon wedges, and some lemon zest to taste. Season to taste and set aside for serving.

3. POP THOSE PUMPKIN SEEDS Place the pumpkin seeds in a large, nonstick pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool.

4. SEAR THE SIRLOIN Return the pan to a medium-high heat with a drizzle of oil. Pat the steaks dry with some paper towel. When the pan is hot, sear the steaks fat-side down for 2-3 minutes until the fat is crispy. Then, fry each side for 2-4 minutes, or until cooked to your preference. (The time this takes will depend on the thickness of the steaks.) During the final 1-2 minutes, baste the steaks with a knob of butter. On completion, remove from the pan and allow to rest for 5 minutes before slicing. Lightly season the slices.

5. CRISP SIDE SALAD Place the rinsed salad leaves, cucumber rounds, radish rounds, and toasted pumpkin seeds in a salad bowl. Crumble over the drained feta and toss together with a drizzle of olive oil and a squeeze of lemon juice.

6. HEARTY & HEALTHY Dish up the crispy peri-peri wedges alongside the juicy sirloin slices. Liberally drizzle the salsa verde sauce over the sirloin. Serve the garden salad on the side and garnish with a remaining lemon wedge. Tuck in, Chef!



Chef's Tip

Coriander, like all fresh herbs, is surprisingly nutrient-dense. It's also rich in calcium, magnesium, and iron. Chop it up and add it to sauces, soups, curries, and salads; or just use whole leaves as garnish.

Nutritional Information

Per 100g

Energy	524kJ
Energy	125Kcal
Protein	8.3g
Carbs	9g
of which sugars	3.2g
Fibre	1.6g
Fat	3.7g
of which saturated	1.7g
Sodium	185mg

Allergens

Dairy, Allium

Cook
within
4 Days