



UCCOOK

Sizzling Cajun Sirloin

with freshly made guacamole, spiced millet & a sassy bean salsa


We're comin' in piping hot with steak seared in butter and a Cajun rub, zesty corn and kidney bean salsa, and smoky, fluffed-up millet. Top it with spring onion and creamy homemade guacamole, and you've got supper done, dusted, and delish!


Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

 Easy Peasy

 Steenberg Vineyards | Stately Cabernet
Savignon/Shiraz

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Ingredients & Prep

75ml	Millet
7,5ml	NOMU Cajun Rub
60g	Kidney Beans <i>drained & rinsed</i>
50g	Corn <i>drained</i>
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>
40g	Danish-style Feta <i>drained</i>
1	Lime <i>½ zested & cut into wedges</i>
160g	Free-range Beef Sirloin
1	Garlic Clove <i>peeled & grated</i>
1	Avocado
3g	Fresh Coriander

From Your Kitchen

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

1. FLUFFY MILLET Place a pot over a medium heat. When hot, toast the millet and ½ of the Cajun Rub for 2-3 minutes until starting to turn gold, shifting occasionally. Pour in 150ml of salted water and cover with a lid. Once boiling, reduce the heat and gently simmer for 15-18 minutes until the water has been absorbed and the millet is cooked. If it starts to dry out, add more water in small increments to continue cooking. On completion, drain if necessary and return to the pot. Fluff up with a fork and toss through a drizzle of oil. Cover to keep warm and set aside until serving.

2. TOSS YOUR VIBRANT SALSA Place the drained kidney beans, drained corn, white spring onion slices, and shredded salad leaves in a bowl. Crumble in the drained feta, drizzle with oil, and add a squeeze of lime and a pinch of zest. Season, toss to combine, and set aside for serving.

3. FIERY SIRLOIN Place a nonstick pan over a medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When the pan is hot, sear the steak fat-side down for 3-5 minutes until crispy. Then, fry each side for 2-4 minutes or until cooked to your preference. (This time frame may depend on the thickness of the steak.) During the final 1-2 minutes, baste with a knob of butter, the grated garlic, and the remaining Cajun Rub. Place in a piece of tinfoil, pour in any juices from the pan, and season. Close up tightly and set aside to rest for 5 minutes before thinly slicing, reserving the juices for serving.

4. GUAC, YOU ROCK! Halve the avocado and set aside the ½ containing the pip for another meal. Scoop out the flesh from the remaining ½ and place in a bowl. Add a squeeze of lime juice, any remaining zest, and some seasoning — all to taste. Mash with a fork until a chunky guacamole is formed. Rinse the coriander and roughly chop.

5. GET READY TO FEAST... Make a bed of millet, lay over the smoky steak slices, and drizzle with the reserved meat juices. Side with the salsa and top it all with a large dollop of guacamole. Garnish with the green spring onion slices, the chopped coriander, and any remaining lime wedges. Nice work, Chef!



Chef's Tip

Millet is a gluten-free whole grain and an excellent source of fiber, but it takes a little getting used to when you're learning how to cook it. Although it cooks quite similarly to rice, it can quadruple in size! So, be sure to cook it in a big enough pot.

Nutritional Information

Per 100g

Energy	800kJ
Energy	191Kcal
Protein	11.3g
Carbs	16g
of which sugars	1g
Fibre	3.5g
Fat	6.6g
of which saturated	2.2g
Sodium	187mg

Allergens

Dairy, Allium

Cook
within
4 Days