



UCCOOK

Malay-style Beef Sirloin Stew

with roasted butternut & coriander chutney

Carrot and butternut are roasted until golden and crisp, before being smothered in a fragrant beef sirloin stew packed with tomato, chilli and spices. It is finished off with a sweet coriander chutney for some sweetness and fresh chilli for some kick!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Kate Gomba

Carb Conscious

Vilafonté | Seriously Old Dirt 2021

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Ingredients & Prep

240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
500g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
20ml	NOMU Indian Rub
320g	Free-range Beef Sirloin <i>pat dry & cut into bite-sized chunks</i>
60ml	Mrs Balls Chutney
5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
1	Onion <i>peel & roughly dice</i>
2	Garlic Cloves <i>peel & grate</i>
1	Fresh Chilli <i>rinse, trim, deseed & roughly chop</i>
200ml	Tomato Passata
10ml	Vegetable Stock

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. ROASTED VEG Preheat the oven to 200°C. Boil the kettle. Spread the carrot and butternut pieces on a roasting tray. Coat in oil, ½ the NOMU rub and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. SEARED SIRLOIN Place a pan over high heat with a drizzle of oil. When hot, fry the sirloin chunks until browned all over but not cooked through, 2-4 minutes (shifting occasionally). Set aside. Remove from the pan, season and set aside.

3. CORIANDER CHUTNEY In a small bowl, combine the chutney, ½ the chopped coriander, and seasoning. Set aside.

4. CURRY MOMENT Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the remaining NOMU rub, the grated garlic, ½ the chopped chilli (to taste), and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tomato passata, the stock, and 200ml of boiling water. Simmer until reduced and thickened, 10-12 minutes (stirring occasionally). In the final 2-3 minutes, add the seared sirloin chunks, a sweetener (to taste) and seasoning.

5. STEW IS SERVED! Make a bed of the roasted veggies and spoon over the sirloin curry. Dollop over the coriander chutney and sprinkle over the remaining chilli (to taste) and coriander. Well done, Chef!



Chef's Tip

Air fryer method: Coat the butternut and carrot pieces in oil, ½ the NOMU rub and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	367kJ
Energy	88kcal
Protein	5.3g
Carbs	10g
of which sugars	5g
Fibre	1.7g
Fat	1.1g
of which saturated	0.3g
Sodium	138mg

Allergens

Allium, Sulphites

Eat
Within
4 Days