



UCCOOK

Fiery Jollof-style Rice & Beef Sirloin

with a cucumber salad

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Pebble Hill

Nutritional Info

	Per 100g	Per Portion
Energy	526kJ	3447kJ
Energy	126kcal	825kcal
Protein	7.4g	48.6g
Carbs	16g	107g
of which sugars	2.8g	18.5g
Fibre	1.7g	11.4g
Fat	1.5g	9.9g
of which saturated	0.5g	3g
Sodium	30mg	196mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
60ml	80ml	Tomato Paste
67,5ml	90ml	Jollof Spice <i>(30ml [40ml] Smoked Paprika, 30ml [40ml] Medium Curry Powder & 7,5ml [10ml] Dried Chilli Flakes)</i>
2	2	Garlic Cloves <i>peel & grate</i>
300ml	400ml	White Basmati Rice <i>rinse</i>
60g	80g	Piquanté Peppers <i>drain</i>
480g	640g	Beef Sirloin
30ml	40ml	Red Wine Vinegar
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

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

1. AMAZING AROMATICS Place a pot over medium heat with a drizzle of oil. When hot, fry the onions until soft and fragrant, 6-7 minutes. Add the tomatoes, tomato paste, jollof spice, and the garlic. Fry until fragrant, 4-5 minutes.

2. JOLLOF RICE Add the rice, salt (to taste), and 600ml [800ml] of water to the pot. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat, mix in the peppers, and set aside to steam, 8-10 minutes.

3. SUPERB 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, 2-4 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.

4. SOME FRESHNESS In a bowl, combine the vinegar with a drizzle of olive oil and mix to emulsify. Add the salad leaves, cucumber, and seasoning, and toss to coat.

5. DINNER IS READY Bowl up the fragrant rice, top with the steak slices, and side with the salad. Enjoy, Chef!