



UCOOK

Sirloin & Fattoush Salad

with wholewheat couscous, sumac & fresh mint

Everything about this salad delights! From the sumac to the couscous twist, the crispy radish, juicy plum tomatoes and fresh cucumber – we just can't get enough! Juicy sumac-basted sirloin with a bangin' homemade dressing, it really doesn't get better than this!

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 4 People

Chef: Ella Nasser

♥ Health Nut

🍷 Fat Bastard | The Golden Reserve

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Ingredients & Prep

200ml	Whole Wheat Couscous
2	Lemons <i>zested & cut into wedges</i>
40g	Pumpkin Seeds
10g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
2	Plum Tomatoes <i>diced</i>
200g	Cucumber <i>cut into half-moons</i>
80g	Radish <i>sliced into half-moons</i>
2	Spring Onions <i>sliced</i>
20ml	Sumac
640g	Free-range Beef Sirloin
160g	Salad Leaves <i>rinsed</i>

From Your Kitchen

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

1. FLUFFY COUSCOUS Boil the kettle. Using a shallow bowl, submerge the couscous in 500ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 5-8 minutes until tender. Once cooked, season, toss through the lemon zest, and fluff up with a fork.

2. POPPIN' PUMPKIN Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion and set aside to cool.

3. GORGEOUS TOSS UP Mix together ½ of the chopped mint, lemon juice to taste, olive oil, and seasoning to make a dressing. In a salad bowl diced tomato, sliced cucumber, sliced radish, sliced spring onion, ½ of the sumac, and the cooked couscous. Toss together with the salad dressing (to taste).

4. SIZZLIN' SIRLOIN Place a pan over a medium-high heat with a drizzle of oil. Pat the sirloin dry with some paper towel. When the pan is hot, sear the steak fat-side down, for 3-5 minutes until crispy. Then, fry for 2-4 minutes per side, 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 (optional) and the remaining sumac. Remove from the pan on completion and allow to rest for 5 minutes before slicing. Lightly season the slices.

5. SIRLOIN & FATTOUSH DUO Plate up a hearty spoonful of the gorgeous fattoush-style salad. Top with the sumac-basted sirloin slices, side with the rinsed salad leaves, and sprinkle over the toasted pumpkin seeds and remaining mint. Serve with a lemon wedge. Healthy & hearty!

Nutritional Information

Per 100g

Energy	467kJ
Energy	112Kcal
Protein	9.1g
Carbs	7g
of which sugars	1.6g
Fibre	1.6g
Fat	2.3g
of which saturated	0.7g
Sodium	26mg

Allergens

Gluten, Allium, Wheat

Cook
within
4 Days