

UCCOOK

Beef Sirloin & Cheese-smashed Broccoli

with sriracha mayo & potato wedges

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Piekenierskloof | Old Vines Carel van Zyl Grenache 2023

Nutritional Info

	Per 100g	Per Portion
Energy	674kJ	3730kJ
Energy	161kcal	892kcal
Protein	9g	49.9g
Carbs	10g	55g
of which sugars	1.8g	10.1g
Fibre	1.9g	10.6g
Fat	7.6g	42.1g
of which saturated	1.2g	6.7g
Sodium	147mg	811mg

Allergens: Cow's Milk, Egg, Allium, Sulphites, Tree Nuts

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel & cut into wedges</i>
100g	200g	Broccoli Florets <i>rinse</i>
20ml	40ml	Grated Italian-style Hard Cheese
10g	20g	Walnuts
50ml	100ml	Sriracha Mayo <i>(45ml [90ml] Mayo & 5ml [10ml] Sriracha Sauce)</i>
160g	320g	Beef Sirloin
10ml	20ml	NOMU Italian Rub
15ml	30ml	Lemon Juice

From Your Kitchen

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

1. MAKE THE WEDGES Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. SMAHSED BROCCOLI Place the broccoli on a separate roasting tray. Coat in oil and season. Roast in the hot oven, 12-15 minutes. After 10 minutes, remove from the oven and using the bottom of a glass or a spoon, gently press down until the broccoli is flattened out. Sprinkle with the cheese and return to the oven for the remaining time until crispy. Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

3. TOASTED WALNUTS Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. SPICY MAYO In a bowl, loosen the mayo with water in 5ml increments until drizzling consistency. Season and set aside.

5. FANTASTIC SIRLOIN Return the pan to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. 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 and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

6. DINE TIME! Plate up a hearty portion of potato wedges and cheesey broc. Serve the sirloin slices alongside. Drizzle over the sriracha mayo and the lemon juice (to taste). Garnish with the toasted walnuts. Divine, Chef!