

UCCOOK

Beef Sirloin & Watermelon Salad

with charred corn & Danish-style feta

Hands-on Time: 25 minutes

Overall Time: 25 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	465kJ	2060kJ
Energy	111kcal	492kcal
Protein	9.4g	41.6g
Carbs	5g	21g
of which sugars	2g	11g
Fibre	1g	4g
Fat	3.3g	14.6g
of which saturated	1.5g	6.5g
Sodium	73.3mg	324.4mg

Allergens: Cow's Milk, Sulphites

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
90g	120g	Corn
480g	640g	Beef Sirloin
300g	400g	Watermelon Cubes <i>cut into small bite-sized chunks</i>
60g	80g	Green Leaves <i>rinse</i>
60g	80g	Danish-style Feta <i>drain</i>
8g	10g	Fresh Mint <i>rinse, pick & roughly slice</i>
300g	400g	Cucumber <i>rinse & roughly dice</i>
30ml	40ml	Balsamic Vinegar

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. CHARRED CORN Place a pan over medium-high heat and lightly spray with cooking spray. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. STEAK Return the pan to medium-high heat and lightly spray with cooking spray. 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). Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. JUST BEFORE SERVING In a salad bowl, combine the watermelon, the green leaves, the feta, the mint, the cucumber, the corn, and the balsamic vinegar. Toss to coat and season.

4. DINNER IS READY Dish up the salad and side with the steak slices. Cheers, Chef!