



# UCOOK

## Sprightly Spring Sirloin

with millet, green beans & chilli flakes

Celebrate spring with perfectly cooked slices of sirloin steak served atop a bed of fluffy millet, alongside spicy charred green beans and a fresh pea salad with a dijon dressing. Garnishes of spring onions and toasted sunflower seeds to make it POP!

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**Hands-On Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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♥ Health Nut

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🍷 Haute Cabrière | Pierre Jourdan Blanc de Blancs

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## Ingredients & Prep

75ml	Millet
5ml	Vegetable Stock
10g	Sunflower Seeds
50g	Peas
20g	Green Leaves <i>rinsed</i>
12,5ml	Salad Dressing <i>(2,5ml Dijon Mustard &amp; 10ml Red Wine Vinegar)</i>
1	Spring Onion <i>finely sliced, keeping the white &amp; green parts separate</i>
1	Garlic Clove <i>peeled &amp; grated</i>
2,5ml	Dried Chilli Flakes
80g	Green Beans <i>rinsed, trimmed &amp; sliced into thirds</i>
160g	Free-range Beef Sirloin

## From Your Kitchen

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

**1. STOCKED MILLET** Place a pot over a medium heat. When hot, toast the millet for 2-3 minutes, shifting occasionally. Pour in 150ml of salted water, stir through the vegetable stock, and cover with a lid. Once boiling, reduce the heat and gently simmer for 10-12 minutes until the water has been absorbed and the millet is cooked. If it starts to dry out, add more water in small increments to continue cooking. On completion, drain if necessary and return to the pot. Fluff up with a fork and toss through a drizzle of oil. Replace the lid and set aside to keep warm until serving.

**2. SUNNY SEEDS** Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

**3. POPPING SALAD** Boil the kettle. Submerge the peas in salted boiling water for 2-3 minutes until plump and heated through. Drain on completion and place in a salad bowl. Add the rinsed green leaves, salad dressing, a drizzle of oil, and season. Toss to combine.

**4. KICKING BEANS** Return the pan to a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the white spring onion slices, grated garlic, and dried chilli flakes for 1-2 minutes until fragrant and golden shifting constantly. Add the sliced green beans and a small splash of water. Cook for 3-4 minutes until the water has evaporated and the green beans are cooked al dente. Season and remove from the pan.

**5. SPRING SIRLOIN** Return the pan, wiped down if necessary, to a medium-high heat with a drizzle of oil. Pat the steak dry with 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). Remove from the pan to rest for 5 minutes before slicing and seasoning.

**6. PILE UP!** Dish a bed of the soft millet topped with the juicy sirloin slices. Serve the fragrant spicy green beans and the fresh pea salad alongside. Sprinkle over the green spring onion slices and scatter with toasted sunflower seeds. Eat up, Chef.

## Chef's Tip

To cook food 'al dente' means that it should still be firm when bitten. It must be tender, but not soft. In the case of your green beans, they should still have a slight snap to them once cooked.

## Nutritional Information

Per 100g

Energy	758kj
Energy	181Kcal
Protein	11.9g
Carbs	17g
of which sugars	1.8g
Fibre	3.7g
Fat	4.2g
of which saturated	0.9g
Sodium	191mg

## Allergens

Allium, Sulphites

Cook  
within  
4 Days