



UCOOK

Beef Steak Prego

with a Portuguese roll & a fresh salad

A fluffy Portuguese roll is toasted until golden, then stacked with juicy sirloin slices smothered in a delicious prego sauce and caramelised onion. Sided with a green leaf, pickled cucumber & tomato salad with crumbles of creamy feta.


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

 Quick & Easy

 Sijnn Wines | Sijnn Saignée 2018

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

50g	Cucumber <i>rinsed & roughly diced</i>
1	Tomato <i>rinsed & ½ roughly diced</i>
5ml	Red Wine Vinegar
1	Onion <i>½ peeled & roughly sliced</i>
160g	Free-range Beef Sirloin
50ml	Prego Sauce
20g	Green Leaves <i>rinsed</i>
1	Portuguese Roll
20g	Danish-style Feta <i>drained & crumbled</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. QUICK PICKLE Place the diced cucumber and the diced tomato into a bowl with the vinegar. Add a drizzle of olive oil, a sweetener, and seasoning.

2. CARAMELISED ONIONS Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onions until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

3. SEARED STEAK Return the pan to 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, 2-3 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. Place the slices in a bowl and toss through the prego sauce.

4. ADD THE GREENS In a bowl, toss together the shredded leaves, the pickled cucumber & tomato, a drizzle of olive oil, and seasoning. Set aside.

5. TOASTED BUNS Halve the bun, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the bun cut-side down until golden, 1-2 minutes.

6. ON A ROLL Serve up a toasted roll with the saucy sirloin slices, and the caramelised onions. Side with the dressed salad and crumble over the drained feta. Cheers, Chef!

Nutritional Information

Per 100g

Energy	348kJ
Energy	83kcal
Protein	7g
Carbs	3g
of which sugars	1.9g
Fibre	0.6g
Fat	2.4g
of which saturated	1.1g
Sodium	108mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Soy

Cook
within
4 Days