



# 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.

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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 Quick & Easy

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 Sijnn Wines | Sijnn Saignée 2018

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## Ingredients & Prep

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50g	Cucumber <i>rinsed &amp; roughly diced</i>
1	Tomato <i>rinsed &amp; ½ roughly diced</i>
5ml	Red Wine Vinegar
1	Onion <i>½ peeled &amp; 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 &amp; crumbled</i>

## From Your Kitchen

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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

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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

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## Allergens

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

Cook  
within  
4 Days