



UCCOOK

Crunchy Sirloin & Peppercorn sauce

with potato wedges

Hands-on Time: 45 minutes

Overall Time: 50 minutes

Fan Faves: Serves 1 & 2

Chef: Ethan Shahim

Wine Pairing: Strandveld | The Navigator Red Blend

Nutritional Info

	Per 100g	Per Portion
Energy	592kJ	3263kJ
Energy	142kcal	781kcal
Protein	8.6g	47.5g
Carbs	16g	89g
of which sugars	1.8g	9.8g
Fibre	1.5g	8.1g
Fat	2.6g	14.1g
of which saturated	0.8g	4.4g
Sodium	154mg	849mg

Allergens: Sulphites, Egg, Fish, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: Moderate

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse & cut into wedges</i>
5ml	10ml	NOMU Does Everything
160g	320g	Beef Sirloin
30ml	60ml	Cake Flour
40g	80g	Corn Flakes <i>finely crush</i>
50ml	100ml	Full Cream UHT Milk
2.5ml	5ml	Crushed Black Peppercorns
20g	40g	Green Leaves <i>rinse & roughly shred</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
20ml	40ml	Caesar Dressing

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Rolling Pin

Egg/s

Butter

1. POTATO WEDGES Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil, NOMU rub 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. HOMEMADE SCHNITZEL Pat the steak dry with paper towel. Using a rolling pin, flatten the steak to about 1- 2cm thick and season. Whisk 1 egg and a splash of water in a bowl. Prepare two shallow dishes: one containing $\frac{2}{3}$ of flour (lightly season), and one containing the cornflake crumb. Coat the steak in the seasoned flour, dusting off any excess flour. Coat in the whisked egg, and lastly the crumb. Set aside.

3. FRY UNTIL CRISPY Place a pan over medium heat with enough oil to cover the base. When hot, fry the crumbed steak until golden and crispy, 2-3 minutes per side. Remove from the pan and drain on paper towel.

4. PEPPERCORN SAUCE Place a clean pan over medium heat with 15g [30g] of butter. Once melted, vigorously whisk in the remaining flour to form the roux. Cook out for 2-3 minutes, stirring constantly. Slowly whisk in the milk until the sauce thickens slightly, adding in the peppercorns. If the béchamel is too thick for your liking, loosen with warm water in increments. Remove from the heat and season to taste. In a separate bowl, combine the salad leaves, cucumber and salad dressing.

5. DINNER = DONE Plate up the crunchy steak, and top with the peppercorn sauce. Serve with potato wedges and finish with the dressed salad leaves and cucumber. Well done, Chef.