



UCOOK

Umami Beef Ciabatta & Apple Slaw

with spring onion

The definition of umami-infused food, Chef! A pan-toasted ciabatta bun is layered with an extra creamy mayo apple slaw, featuring crunchy cabbage and spring onion. Top with UCOOK Asian Sauce-coated beef sirloin and take a bite of culinary bliss.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

Laborie Estate | Laborie Cap Classique Rosé

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Ingredients & Prep

| | |
|--------|--|
| 100g | Cabbage <i>rinse & roughly shred</i> |
| 1 | Spring Onion <i>rinse, trim & roughly slice</i> |
| 1 | Apple <i>rinse, core & cut ½ into matchsticks</i> |
| 50ml | Mayo <i>(25ml Kewpie Mayo & 25ml Mayo)</i> |
| 160g | Beef Sirloin |
| 1 unit | UCOOK Asian Sauce |
| 1 | Ciabatta Roll |

From Your Kitchen

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

1. COLESLAW In a bowl, combine the sliced cabbage, the sliced spring onion (to taste), the apple matchsticks, the mayo, and seasoning. Set aside in the fridge.

2. BEEF Place a pan over 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, 2-4 minutes per side (for medium-rare). In the final minute, baste with the Asian sauce (to taste). Remove from the pan with all the sauce and rest the steak for 5 minutes. Slice and mix through the sauce.

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

4. TIME TO EAT Add ½ of the slaw on the bottom bun, top with the beef slices, and the sauce (to taste). Side with the remaining slaw and enjoy, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 734kJ |
| Energy | 175kcal |
| Protein | 7.3g |
| Carbs | 14g |
| of which sugars | 5.5g |
| Fibre | 1.6g |
| Fat | 5.4g |
| of which saturated | 0.8g |
| Sodium | 228mg |

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Fish, Soy, Shellfish

Eat
Within
4 Days