



# UCOOK

## Heineken's Steak & Parsley Butter

**with baby potatoes & a pear and walnut salad**

Our homemade parsley butter recipe is one you'll be happy to add to your bag of tricks. Perfectly seared sirloin steak is topped with a herby butter sauce and served with a side of roasted baby potatoes. Accompanied by a classic summer salad of sweet pear slices, toasted walnuts, punchy gorgonzola, and a fresh lemon vinaigrette.

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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:** Heineken

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 Adventurous Foodie

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 Waterford Estate | Waterford Cabernet Sauvignon

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## Ingredients & Prep

250g	Baby Potatoes <i>rinsed &amp; halved</i>
15g	Walnuts <i>chopped</i>
20g	Green Leaves
1	Pear
50g	Cucumber
4g	Fresh Parsley
1	Lemon
30g	Gorgonzola
5ml	Worcestershire Sauce
160g	Free-range Beef Sirloin
10ml	NOMU Beef Rub

## From Your Kitchen

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

**1. LET'S PLAY HOT POTATO** Preheat the oven to 200°C. Set 20g of butter aside to soften at room temperature. Spread the halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

**2. THEY WAL-NUT DISAPPOINT** Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. PREP STEP** Rinse and roughly shred the green leaves. Core and thinly slice ½ the pear. Cut the cucumber into half-moons. Rinse, pick, and roughly chop the parsley. Zest and cut the lemon into wedges. In a small bowl, combine the juice of 2 lemon wedges, a drizzle of olive oil, a sweetener, and seasoning.

**4. IT'S A PERFECT PEAR-ING** In a salad bowl, combine the shredded green leaves, the pear slices, the cucumber half-moons, and the chopped walnuts. Crumble in the gorgonzola. Just before serving, drizzle the lemon vinaigrette over the salad and toss until combined.

**5. DOESN'T GET ANY BUTTER THAN THIS** In a small bowl, combine the softened butter, the chopped parsley, the worcestershire sauce (to taste), the lemon zest (to taste), and a squeeze of lemon juice (to taste). Mash with a fork or potato masher and mix until combined and creamy.

**6. THE STEAKS ARE HIGH** Return the pan to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. Coat in oil and the NOMU rub. 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 a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**7. SERVICE, PLEASE!** Plate up the seared steak slices. Top with a dollop of the parsley butter - watch the butter melt into a delicious sauce! Side with the roasted baby potatoes and the dressed salad. Enjoy!



## Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	502kj
Energy	120kcal
Protein	6.8g
Carbs	11g
of which sugars	3.6g
Fibre	2.1g
Fat	3.7g
of which saturated	1.3g
Sodium	128mg

## Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook  
within  
4 Days