



UCOOK

Baked Beef Potacos

with spring onion & corn

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	503.4kJ	3239.8kJ
Energy	120.5kcal	775.3kcal
Protein	7.9g	51g
Carbs	10.4g	67.2g
of which sugars	2.5g	16.3g
Fibre	1.5g	9.6g
Fat	3.3g	21.3g
of which saturated	1.1g	7.2g
Sodium	99.3mg	638.8mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	Serves 2	
200g	400g	Potato <i>rinse & halve</i>
15ml	30ml	Lime Juice
1	1	Garlic Clove <i>peel & grate</i>
7,5ml	15ml	Spice Mix <i>(5ml [10ml] Old Stone Mill Mexican Spice, & 2.5ml [5ml] Ground Cumin)</i>
50g	100g	Corn
5g	10g	Fresh Basil <i>rinse, pick & roughly tear</i>
1	1	Tomato <i>rinse & roughly dice</i>
1	1	Spring Onion <i>rinse, trim & finely slice</i>
20ml	40ml	Vinaigrette <i>(10ml [20ml] Balsamic Vinegar, 5ml [10ml] Wholegrain Mustard & 5ml [10ml] Honey)</i>
20ml	40ml	Pesto Princess Chimichurri Sauce
30g	60g	Grated Mozzarella Cheese
160g	320g	Beef Sirloin

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

1. BAKED POTATO Preheat the oven to 200°C. Spread the potato halves on a roasting tray, skin-side down. Coat in oil and season. Roast in the hot oven until crispy, 40-45 minutes (shifting halfway).

2. MARINADE In a bowl, combine the lime juice, the garlic, the spice mix, a drizzle of olive oil, and seasoning. Set aside.

3. CHARRED CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan.

4. COLOURFUL SALAD In a bowl, combine the corn, basil, tomato, spring onion, vinaigrette, a drizzle of olive oil, and seasoning.

5. CHEESY LOADED POTATO Once the potato is cooked, carefully spoon the flesh into a bowl without breaking the skin and fluff with a fork. Mix in a small knob of butter, ½ the chimichurri, the grated cheese, and seasoning, and return to the skins. Pop the filled potato back in the hot oven before serving.

6. MMMARINADE Pat the steak dry with paper towel. Return the pan to medium-high heat with a drizzle of oil. 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 and the marinade. Remove from the pan and rest for 5 minutes before slicing and seasoning.

7. SIMPLY UNBEATABLE Plate up the loaded potato halves and serve the steak slices alongside. Drizzle over the remaining chimichurri. Side with the salad.