



UCCOOK

Beef Sirloin, Rice & Ribbon Bowl

with pickled cucumber & carrot salad

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Tiisetso Maema

Wine Pairing: Fryer's Cove | Fryers Cove Grenache Cinsault

Nutritional Info	Per 100g	Per Portion
Energy	612kJ	3171kJ
Energy	146kcal	758kcal
Protein	8.4g	43.3g
Carbs	15g	76g
of which sugars	1.9g	9.9g
Fibre	1.4g	7.1g
Fat	3.6g	18.9g
of which saturated	0.7g	3.7g
Sodium	120mg	621mg

Allergens: Sulphites, Sesame, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Garlic Cloves <i>peel & grate</i>
2	2	Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
225ml	300ml	Jasmine Rice
60ml	80ml	White Wine Vinegar
240g	240g	Carrot <i>rinse, trim, peel 1½ [2] into ribbons</i>
300g	400g	Cucumber <i>rinse & peel into ribbons</i>
45ml	60ml	Mayo
15ml	20ml	NOMU Cajun Rub
480g	640g	Beef Sirloin
15ml	20ml	Black Sesame Seeds

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Sugar/Sweetener/Honey

Oil (cooking, olive or coconut)

Butter

1. AROMATIC RICE Place a pot over medium heat with a drizzle of oil. When hot, fry the garlic and spring onion whites until fragrant, for 1-2 minutes. Add the rice and toast for 2-3 minutes, then add in 450ml [600ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam for 8-10 minutes. Fluff with a fork and cover.

2. PICKLE & PREP In a bowl, combine the white wine vinegar with sweetener (to taste) and a drizzle of olive oil. Add the carrot and cucumber ribbons, season, and set aside in the fridge. In a separate bowl, combine the mayo, NOMU rub, and a splash of water until drizzling consistency. Set aside in the fridge.

3. BUTTER-BASTED STEAK 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 a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. NO ORDINARY DINNER Bowl up the garlic rice and top with the sliced steak. Place the carrot and cucumber ribbons alongside the steak. Drizzle over the Cajun mayo and garnish with the spring onion greens and sesame seeds. Well done, Chef!

Chef's Tip Allow your steak to sit out at room temperature for 15-20 minutes before cooking. This takes the chill off the meat, helping it cook more evenly and develop a better sear.