



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: 25 minutes

Overall Time: 25 minutes

Serves: 4 People

Chef: Kate Gomba

Quick & Easy

Laborie Estate | Laborie Cap Classique Rosé

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

200g	Cabbage <i>rinse & roughly shred</i>
2	Spring Onions <i>rinse, trim & roughly slice</i>
2	Apples <i>rinse, core & cut into matchsticks</i>
200ml	Mayo <i>(100ml Kewpie Mayo & 100ml Mayo)</i>
640g	Beef Sirloin
2 units	UCOOK Asian Sauce
4	Ciabatta Rolls

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

4. TIME TO EAT Add ½ of the slaw on the bottom buns, 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