



UCOOK

Hearty Beef Sirloin Steak

with a lemon yoghurt dressing & roasted butternut

This mouthwatering beef dish is gluten-conscious, carb-conscious, and packed with nutritious veggies! It is served with a lemony yoghurt dressing and fresh kale to create a totally health-conscious yet flavour-rich dish! Balanced and delicious!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Ella Nasser

 Carb Conscious

 Leopard's Leap | Cabernet Sauvignon

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Ingredients & Prep

500g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
1	Tomato <i>sliced into wedges</i>
100ml	Low Fat Plain Yoghurt
8g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
1	Lemon <i>zested & cut into wedges</i>
100g	Kale <i>rinsed & roughly shredded</i>
20g	Flaked Almonds
320g	Free-range Beef Sirloin

From Your Kitchen

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

1. ROAST VEG Preheat the oven to 200°C. Spread out the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes. Place the tomato wedges in a bowl. Coat in oil and season. When the butternut reaches the halfway mark, give the tray a shift and add the dressed tomatoes to the tray. Return to the oven for the remaining cooking time until the tomatoes are lightly charred and the butternut is crispy.

2. SOME PREP In a bowl, combine the yoghurt with the chopped parsley. Mix in some lemon zest and the juice of 2 lemon wedges. Season to taste and set aside for serving. Place the shredded kale in a bowl with a drizzle of oil, a squeeze of lemon juice, and some seasoning. Using your hands, massage the kale until soft and coated in oil. Set aside for serving. If you prefer cooked kale, scatter it over the roasting butternut and tomatoes in the final 10 minutes.

3. TOASTY ALMONDS Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion.

4. SUCCULENT STEAK Return the pan to a medium-high heat with a drizzle of oil. Pat the steaks dry with paper towel. When the pan is hot, sear the steaks fat-side down, for 3-5 minutes until crispy. Then, fry for 2-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the steaks). Remove from the pan on completion and rest for 5 minutes before slicing. Lightly season the slices.

5. TIME TO ENJOY! Scoop up some roast butternut and tomatoes. Top with the sliced beef and serve the lemony kale on the side. Drizzle over the zesty yoghurt dressing and garnish with the toasted almond flakes. Delicious!

Nutritional Information

Per 100g

Energy	369kJ
Energy	88kcal
Protein	6.6g
Carbs	6g
of which sugars	1.6g
Fibre	1.6g
Fat	2.2g
of which saturated	0.5g
Sodium	24mg

Allergens

Dairy, Tree Nuts

Cook
within
4 Days