

Eat Within 4 Days

UCOOK

Grilled Sirloin & Herby Tomatoes

with charred baby marrow, crispy lentils & toasted pumpkin seeds

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Waterkloof | Revenant Wild Ferment Syrah

Nutritional Info	Per 100g	Per Portion
Energy	440kJ	2368kJ
Energy	105kcal	567kcal
Protein	8.7g	47g
Carbs	6g	30g
of which sugars	2.3g	12.6g
Fibre	1.8g	9.5g
Fat	2.7g	14.7g
of which saturated	0.6g	3.3g
Sodium	57mg	309mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Pumpkin Seeds
1	1	Garlic Clove *peel & grate*
30ml	60ml	Balsamic Vinegar
2,5ml	5ml	Dried Chilli Flakes
1	1	Tomato *rinse & slice ½ [1] into rounds*
3g	5g	Fresh Oregano *rinse & pick*
60g	120g	Tinned Lentils *drain & rinse*
160g	320g	Beef Sirloin
3g	5g	Fresh Rosemary *rinse*
5ml	10ml	Paprika Mix *(2,5ml [5ml] Smoked Paprika & 2.5ml [5ml] Dried Chilli Flakes)*
150g	300g	Baby Marrow *rinse, trim & cut into bite-sized pieces on the diagonal*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. TOAST Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan.

2. DRESSING Return the pan to medium heat with a drizzle of oil. When hot, fry the garlic until fragrant, 30-60 seconds. Remove from the pan. In a bowl, combine the garlic, the balsamic vinegar, the chilli flakes (to taste), a sweetener (to taste), and 10ml [20ml] of olive oil. Mix to emulsify, and season. Add the tomato, the oregano, seasoning, and set aside in the fridge.

3. LENTILS Return the pan (with a lid) to medium-high heat with a drizzle of oil. When hot, toast the lentils until golden and crispy, 8-10 minutes (shifting occasionally). Remove from the pan and season.

4. STEAK Place a grill pan (or return the 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, the rosemary, and the paprika mix. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. CHARRING MOMENT Return the pan, wiped down if necessary, to high heat with a drizzle of oil. When hot, fry the baby marrow until lightly charred, 1-2 minutes (shifting occasionally). Remove from the pan and season.

6. DINNER IS READY Make a bed of the tomato, top with the baby marrow, and scatter over the crispy lentils. Lay over the steak slices. Drizzle over the dressing (to taste) and sprinkle over the toasted seeds. Tuck in, Chef!

Chef's Tip To make the salad dressing, place the ingredients in a clean jar, close the lid up tight, and shake. Using a jar emulsifies the dressing much more successfully than just mixing it in a bowl.