



UCCOOK

Classic Beef Sirloin & Peppercorn Sauce

with pommies frites & a cucumber salad

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Zevenwacht | The Tin Mine Red

Nutritional Info

	Per 100g	Per Portion
Energy	609kJ	3114kJ
Energy	146kcal	745kcal
Protein	9.4g	47.9g
Carbs	9g	46g
of which sugars	1.1g	5.4g
Fibre	1.4g	7g
Fat	5.7g	29.1g
of which saturated	2.5g	12.9g
Sodium	77mg	393mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse, slice into thin matchsticks & pat dry</i>
45ml	60ml	Grated Italian-style Hard Cheese
8g	10g	Fresh Parsley <i>rinse, pick & finely chop</i>
30g	40g	Sunflower Seeds
480g	640g	Beef Sirloin
15ml	20ml	Crushed Black Peppercorns
2	2	Garlic Cloves <i>peel & grate</i>
15ml	20ml	Beef Stock
125ml	160ml	Crème Fraîche
30ml	40ml	Lemon Juice
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

1. POMMES FRITES Boil the kettle. Place a pot or pan over medium-high heat with enough oil to cover the base. Once hot, fry the potato until golden and crispy, 7-10 minutes. You may need to do this step in batches. Drain on paper towel and toss through the grated cheese, parsley, and seasoning. Just before serving, if they have cooled, pop them in the air fryer or oven at 200°C until heated through and crispy, 6-8 minutes.

2. SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. STEAK Return the pan to 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. PEPPER SAUCE Return the pan to medium heat with all the pan juices. Fry the garlic and the black peppercorns (to taste) until fragrant, 30-60 seconds. Add 150ml [200ml] of boiling water and the beef stock. Simmer until slightly reduced, 5-6 minutes. Remove from the heat and mix in the crème fraîche until combined and silky. Season (to taste).

5. SALAD In a small bowl, combine the lemon juice and a drizzle of olive oil. Mix to emulsify, add the salad leaves, cucumber, seasoning, and toss to combine.

6. TIME TO DINE Plate up the pommes frites, side with the steak slices and drizzle the sauce over the steak. Serve the salad on the side and enjoy, Chef!