



# UCCOOK

## Seared Beef & Potato Bake

with a fresh salad & sunflower seeds

**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Thea Richter

**Wine Pairing:** Neil Ellis Wines | Neil Ellis The Left Bank Cabernet Sauvignon Merlot

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 512kJ    | 3706kJ      |
| Energy             | 122kcal  | 887kcal     |
| Protein            | 8.3g     | 60.1g       |
| Carbs              | 9g       | 68g         |
| of which sugars    | 2.4g     | 17.1g       |
| Fibre              | 1.5g     | 11g         |
| Fat                | 4.1g     | 29.5g       |
| of which saturated | 1.7g     | 12.4g       |
| Sodium             | 50mg     | 360mg       |

**Allergens:** Cow's Milk, Gluten, Allium, Wheat

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                                          |
|----------|------------|------------------------------------------------------------------------------------------|
| 3        | 4          | Garlic Cloves<br><i>peel &amp; grate</i>                                                 |
| 30ml     | 40ml       | Cake Flour                                                                               |
| 300ml    | 400ml      | Low Fat Fresh Milk                                                                       |
| 600g     | 800g       | Potato<br><i>rinse &amp; slice into thin rounds<br/>(use a mandolin if you have one)</i> |
| 2        | 2          | Onions<br><i>peel &amp; finely slice 1½ [2]</i>                                          |
| 120g     | 160g       | Cheddar Cheese<br><i>grate</i>                                                           |
| 30g      | 40g        | Sunflower Seeds                                                                          |
| 120g     | 160g       | Peas                                                                                     |
| 60g      | 80g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>                                         |
| 480g     | 640g       | Beef Sirloin                                                                             |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Tinfoil  
Paper Towel  
Butter  
Seasoning (salt & pepper)

**1. BEGIN WITH THE BECHAMÉL** Preheat the oven to 200°C. Place a pot over medium heat with a drizzle of oil. When hot, add the garlic and fry until fragrant, 1-2 minutes (shifting constantly). Add 60g [80g] of butter and the flour. Fry until starting to brown, 1-2 minutes (shifting constantly). Remove from the heat and gradually stir in the milk, making sure there are no lumps. Season.

**2. BAKE THE POTATO BAKE** Lightly grease a small baking dish. Add the potato, and the onion. Pour over the bechamél. Mix until combined and flatten into a flat layer. Cover the baking dish in tinfoil and bake until cooked through, 40-45 minutes. In the final 5-7 minutes, remove the tinfoil and sprinkle over the cheese. Bake for the remaining time until golden.

**3. SUNNY SEEDS** Boil the kettle. 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.

**4. BRING IT TOGETHER** Submerge the peas in boiling water until plump, 2-3 minutes. Drain and place in a bowl. In a bowl, combine the leaves, the seeds, a drizzle of olive oil, and seasoning to the bowl. Toss until combined.

**5. SEAR THE STEAK** When the potato bake has 10 minutes remaining, return the pan to a 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.

**6. TIME TO DINE!** Plate up the steak slices. Serve with the cheese potato bake and the fresh salad. Time to dine, Chef!