



UCOOK

French Crisps & Beef Sirloin

with a charred tomato & artichoke salad


Super-thin French fries are tossed with grated Italian-style cheese and fresh parsley. These complement seared, butter-basted beef steak, an artichoke & pecan nut-layered salad, and a roasted garlic mayo. You've outdone yourself, Chef!


Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Ella Nasser

 Adventurous Foodie

 Paardenkloof Wines | Paardenkloof "Die Fynboshuis" Cabernet Sauvignon

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Ingredients & Prep

| | |
|---------|---|
| 2 | Tomatoes <i>rinse & cut into thin wedges</i> |
| 60g | Green Leaves <i>rinse & roughly shred</i> |
| 90g | Artichoke Hearts <i>drain & cut into quarters</i> |
| 30g | Pecan Nuts <i>roughly chop</i> |
| 600g | Potato <i>rinse, slice into thin matchsticks & pat dry</i> |
| 30ml | Grated Italian-style Hard Cheese |
| 8g | Fresh Parsley <i>rinse, pick & finely chop</i> |
| 480g | Free-range Beef Sirloin |
| 2 | Garlic Cloves <i>peel & grate</i> |
| 30ml | NOMU Provençal Rub |
| 3 units | Roasted Garlic Mayo |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. TOMATOES Place a pan over medium heat with a drizzle of oil. When very hot, fry the tomato wedges until charred, 2-3 minutes (shifting occasionally). In the final minute, add a sweetener and seasoning.

2. FAB SALAD In a salad bowl, combine the rinsed green leaves, the charred tomatoes, the artichoke quarters, the chopped pecan nuts, seasoning, and a drizzle of olive oil.

3. FANCY FRIES Return the pan to medium-high heat with enough oil to cover the base. When hot, fry the potato matchsticks until slightly golden and crispy, 2-4 minutes. Remove from the pan and drain on paper towel. Immediately toss with the grated cheese, the chopped parsley, and seasoning.

4. BEEF SIRLOIN STEAK Place a pan over medium-high heat with a drizzle of oil. Pat the beef dry with paper towel. When hot, sear the beef until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter, the grated garlic, and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. BISTRO DINNER Pile up some crispy flavour-packed fries. Side with the beef steak slices and the tossed salad. Serve with the mayo on the side for dunking. A classic!



Chef's Tip

Air fryer method: Coat the dried potato fries in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 709kJ |
| Energy | 170kcal |
| Protein | 8.1g |
| Carbs | 8g |
| of which sugars | 1g |
| Fibre | 1.6g |
| Fat | 9.7g |
| of which saturated | 1.8g |
| Sodium | 128mg |

Allergens

Egg, Allium, Sulphites, Tree Nuts, Cow's Milk

Cook
within
4 Days