



UCOOK

BBQ Beef & Potato Mash

with an avocado & corn salad

Is your apron ready? Your Chef's hat on standby? Great, then we're ready to take the kitchen by storm with a flurry of flavour. Today, you will be preparing a juicy beef steak smothered in an amazing BBQ sauce. With a side of smooth, silky potato mash and a fresh salad that combines creamy & charred flavours, you've earned your cooking stripes today!


Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Fan Faves

 Vergelegen | Premium Cabernet Sauvignon / Merlot

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Ingredients & Prep

200g	Potato <i>peeled & cut into bite-sized pieces</i>
20g	Salad Leaves
1	Avocado
15ml	Lemon Juice
40g	Corn
160g	Free-range Beef Sirloin
5g	Pumpkin Seeds
30ml	BBQ Sauce

From Your Kitchen

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

1. SMOOTH THINGS OVER Place the potato pieces into a pot of salted water. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.

2. PREP STEP Rinse and roughly shred the salad leaves. Halve the avocado and set aside half for another meal. Peel the skin off, keeping the flesh intact. Dice the avocado. Drizzle over ½ the lemon juice and season.

3. TOAST & CHAR Place a pan over high heat with a drizzle of oil. When hot, add the corn and fry until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. SIZZLING STEAK Return the pan to a medium-high heat with a drizzle of oil. Pat the sirloin dry with paper towel. When hot, sear the sirloin, fat-side down, until crispy, 3-5 minutes. Flip the sirloin and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter (optional). Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. FRESHEN UP In a salad bowl, combine the remaining lemon juice, a drizzle of olive oil, a sweetener, and seasoning. Toss through the shredded leaves, the charred corn, the diced avocado, and ½ the pumpkin seeds.

6. A GREAT PLATE Plate up the juicy steak slices and drizzle over the BBQ sauce. Side with the fluffy mash and the dressed salad. Sprinkle over the remaining pumpkin seeds. Dig in, Chef!



Chef's Tip

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

Nutritional Information

Per 100g

Energy	584kJ
Energy	139kcal
Protein	7.2g
Carbs	12g
of which sugars	3.7g
Fibre	2.8g
Fat	5.2g
of which saturated	1g
Sodium	36mg

Allergens

Gluten, Allium, Wheat, Soy

Cook
within
4 Days