



UCCOOK

Nitída's Beef Sirloin

with a Bordelaise-style sauce & roasted veg

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Nitída Winery

Wine Pairing: Nitída | Calligraphy Bordeaux blend

Nutritional Info	Per 100g	Per Portion
Energy	464kj	3404kj
Energy	111kcal	814kcal
Protein	7.1g	51.9g
Carbs	10g	76g
of which sugars	1.5g	10.7g
Fibre	1.5g	11g
Fat	2.4g	17.6g
of which saturated	0.9g	6.9g
Sodium	376mg	2759mg

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

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

300g	400g	Butternut Chunks <i>cut into bite-sized pieces</i>
600g	800g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
30g	40g	Pumpkin & Sunflower Seed Mix
200g	200g	Leeks
30ml	40ml	Cornflour
15ml	20ml	Dried Herbs <i>(15ml [20ml] Dried Thyme & 2 Bay Leaves)</i>
150ml	200ml	Red Wine
2	2	Beef Stock
480g	640g	Beef Sirloin
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
150g	200g	Cucumber <i>rinse & roughly dice</i>
60g	80g	Danish-style Feta <i>drain & crumble</i>

From Your Kitchen

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

1. BUTTERNUT & POTATO Preheat the oven to 200°C. Spread the butternut and potato pieces out on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. TOASTED SEEDS Place the seed mix in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. LEEKS & PASTE Trim and cut the leeks lengthways. Thoroughly rinse and finely slice 1½ [the] leeks. Place the cornflour in a small bowl and gradually mix in 5ml of the water until a runny paste. Set aside.

4. HERB-INFUSED STOCK Boil the kettle. Return the pan to medium-high heat with a drizzle of oil. When hot, add the leeks and fry until softened, 3-4 [4-5] minutes (shifting occasionally). Add the dried herbs and the red wine and simmer until the wine is reduced by half, 1-2 minutes. Add the stock and 200ml [400ml] of boiling water. Bring to a simmer. Stir through the cornflour slurry and a sweetener (to taste). Simmer until slightly thickened, 1-2 minutes. Remove from the pan and stir through a knob of butter. Remove and discard the bay leaves. Season and cover.

5. BUTTERY, SEARED STEAK Place a clean 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

6. FETA SALAD To a salad bowl, add the salad leaves, the cucumber, ½ the feta, a drizzle of olive oil and some seasoning. Toss well and set aside.

7. DELICIOUS Plate up the juicy steak and pour over the sauce. Side with the salad and the roasted veg. Finish with a garnishing of the remaining feta and the nuts. Yum, dinner is ready, Chef!