



# UCCOOK

## Rustic Mash & Beef Sirloin

with edamame beans & chimichurri

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Groote Post Winery | Groote Post Old Man's Blend Red Blend

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 468kJ    | 2725kJ      |
| Energy             | 112kcal  | 652kcal     |
| Protein            | 8.5g     | 49.6g       |
| Carbs              | 9g       | 50g         |
| of which sugars    | 1.2g     | 7.3g        |
| Fibre              | 1.5g     | 8.7g        |
| Fat                | 2.8g     | 16.2g       |
| of which saturated | 0.8g     | 4.4g        |
| Sodium             | 54mg     | 312mg       |

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

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |  |
|----------|------------|--|
| 200g     | 400g       | Potato<br><i>rinse, peel (optional) &amp; cut into bite-sized pieces</i> |
| 1        | 1          | Tomato<br><i>rinse &amp; cut into bite-sized pieces</i>                  |
| 15ml     | 30ml       | Lemon Juice  |
| 3g       | 5g         | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i>                   |
| 40g      | 80g        | Edamame Beans  |
| 1        | 1          | Garlic Clove<br><i>peel &amp; grate</i>                                  |
| 160g     | 320g       | Beef Sirloin   |
| 10g      | 20g        | Italian-style Hard Cheese<br><i>peel into ribbons</i>                    |
| 20g      | 40g        | Green Leaves<br><i>rinse</i>   |
| 15ml     | 30ml       | Pesto Princess Chimichurri Sauce   |

## From Your Kitchen

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

**1. ROAST** Boil the kettle. Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. MARINATE** Place the tomato in a bowl with a drizzle of olive oil, the lemon juice, ½ of the parsley, and seasoning. Toss to combine.

**3. EASY EDAMAME** Submerge the edamame beans in salted boiling water until plumped, 3-4 minutes. Drain and add to the bowl of tomatoes.

**4. TIME TO FRY** Place 10g [20g] of butter in a microwave-safe bowl and melt in the microwave until liquid. Alternatively, melt in a pan on the stove. Combine the melted butter with the garlic and seasoning. When the potatoes have 8-10 minutes remaining, place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. Brush the steak with the garlic butter. 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). Remove from the pan, reserving the pan juices, and rest for 5 minutes before slicing and seasoning.

**5. MASH & ASSEMBLE** When the potatoes are soft and golden, mash in a bowl with a knob of butter until a chunky mash and season. Just before serving, toss the cheese and the green leaves through the tomato salad until well combined. Add a drizzle of olive oil and seasoning. Loosen the chimichurri with olive oil in 5ml increments until drizzling consistency.

**6. DELECTABLE DINNER** Plate up the potato mash and top with the steak. Drizzle the chimichurri over the steak and side with the bean and tomato salad. Garnish with the remaining parsley. Yes, please!