



UCCOOK

Balsamic Beef Sirloin

with fried feta & garlic green beans

Beautiful, succulent sirloin served with dreamy potato mash, and charred green beans that have been fried in garlic. It is finished off with a sweet and sticky balsamic reduction, fried feta morsels and crunchy walnuts.

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

Adventurous Foodie

Waterford Estate | Waterford The Library
Collection Cabernet Franc 2017

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Ingredients & Prep

600g	Potato <i>rinse, peel & cut into small pieces</i>
30g	Walnuts <i>roughly chop</i>
2	Garlic Cloves <i>peel & grate</i>
240g	Green Beans <i>rinse</i>
45ml	Lemon Juice
480g	Free-range Beef Sirloin
150g	Traditional Feta Blocks <i>drain & cut into 1cm cubes</i>
30ml	Tapioca Flour
45ml	Balsamic Reduction

From Your Kitchen

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

1. MAKE THE MASH Place the potato pieces into a pot of salted water. Bring to the boil and cook until soft, 20-25 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. TOASTED WALNUTS Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CHARRED BEANS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the grated garlic until fragrant, 1-2 minutes (shifting constantly). Add the rinsed green beans and fry until charred, 5-6 minutes (shifting occasionally). Remove from the pan, toss with the lemon juice (to taste), season, and cover.

4. FANTASTIC SIRLOIN Return the pan to 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 or a drizzle of oil. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. FRIED FETA Place the feta cubes in a bowl, add the tapioca flour and toss to coat. Return the pan to high heat with a drizzle of oil. When hot, fry the feta until slightly golden, 30-60 seconds per side (shifting gently). Remove and set aside.

6. DINE TIME! Plate up a hearty portion of potato mash and top with the sirloin slices. Side with the garlicky, charred green beans. Top with the fried feta cubes. Drizzle over the balsamic reduction (to taste). Garnish with the toasted walnuts. Divine, Chef!

Nutritional Information

Per 100g

Energy	622kJ
Energy	149kcal
Protein	9.4g
Carbs	13g
of which sugars	3.6g
Fibre	1.5g
Fat	4.6g
of which saturated	1.8g
Sodium	123mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
5 Days