



# U C O O K

— COOKING MADE EASY

## SIZZLING SIRLOIN & CHAKALAKA

with creamy polenta & Italian hard  
cheese

Enhancing a local favourite with a cut of tender, juicy sirloin, luxuriously cheesy polenta, the nostalgia of spicy chakalaka sauce, and a peppery rocket salad. This jazzy dinner is chaka-lekker!

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**Prep + Active Time:** 30 minutes

**Total Cooking Time:** 35 minutes

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 **Serves:** 2 people

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 **Chef:** Lauren Todd

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 **Easy Peasy**

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## Ingredients

1	Onion
	<i>peeled &amp; thinly sliced</i>
2	Garlic cloves
	<i>peeled &amp; grated</i>
1	Chilli
	<i>deseeded &amp; finely chopped</i>
400 g	Baby Tomatoes
	<i>rinsed &amp; halved</i>
10 ml	Curry Powder
10 ml	Vegetable Stock
2	Free-Range Beef Sirloin
200 ml	Polenta
100 ml	Fresh Cream
60 ml	Grated Parmesan
40 g	Green Leaves
	<i>rinsed</i>

## From Your Kitchen

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



### CHEF'S TIP

Polenta is best served while it's piping hot. So be ready to eat immediately!

## 0. CHAKALAKA SAUCE

Place a large pot over a medium heat with a drizzle of oil. When hot, fry the sliced onion for 2-3 minutes until soft and translucent, shifting occasionally. Add the grated garlic, chopped chilli to taste, and curry powder to taste. Fry for a further 30-60 seconds until fragrant, stirring constantly so the curry powder doesn't burn. Add in three-quarters of the halved tomatoes and fry for another 3-5 minutes until they begin to soften. Add the stock powder and 85ml of water and bring to a simmer. Taste to test and add in some more curry powder if you'd prefer it spicier. Allow the sauce to reduce and thicken for 5-8 minutes. Add some sweetener of choice and seasoning to taste. On completion, remove from the pot and place in a bowl. Cover with a plate to keep warm and set aside for serving. Boil the kettle.

## 1. STEAK

Place a nonstick pan over a medium-high heat with a drizzle of oil. Pat the steak dry with some paper towel and season. When the pan is hot, sear the steak fat-side down for 3-5 minutes until the fat is crispy. Then, cook each side for 2-4 minutes for a medium-rare result, or until cooked to your preference. (The time this takes will depend on the thickness of the steak.) In the final 1-2 minutes, baste the steak with a knob of butter. Remove from the pan, wrap in tinfoil, and allow it to rest while you get the polenta going.

## 2. CREAMY, DREAMY POLENTA

Wipe down the pot and return to a high heat. Pour in 1L of boiled water and add a tsp of salt. Once boiling, slowly whisk in the polenta, stirring constantly until there are no lumps. Reduce to a low heat and cook for 5-8 minutes, whisking regularly, until the polenta is soft and the texture is thick and creamy. When the polenta is too thick to whisk, use a wooden spoon to stir while it continues to cook. Turn off the heat, add a knob of butter, the grated Italian hard cheese and the cream. Stir until melted and silky smooth. Season to taste.

## 3. ROCKET SALAD

Toss the rinsed leaves together with the remaining tomatoes and a drizzle of oil. Thinly slice the steak and lightly season the slices.

## 4. GRUBS UP

Dish up the creamy polenta and sirloin steak slices and side with the salad. Top the steak slices with the delicious chakalaka sauce. Time to dig in, Chef!

## Nutritional Information

### Per Serving

Energy (kj)	4238
Energy (kcal)	1013
Protein	52
Carbs	90
of which sugars	7
Fibre	13
Fat	34
of which saturated	16
Salt	2

Cook within: 4 days

Allergens: Egg Gluten Dairy Allium Sulphites



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