



UCCOOK

Salsa Verde & Beef Sirloin

with roasted sweet potatoes & a chunky tomato salad

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Niñida | Pinot Noir

Nutritional Info

	Per 100g	Per Portion
Energy	373kJ	2497kJ
Energy	89kcal	598kcal
Protein	6.4g	42.6g
Carbs	8g	51g
of which sugars	3g	20.4g
Fibre	1.3g	8.8g
Fat	2.2g	14.7g
of which saturated	0.5g	3.3g
Sodium	73mg	490mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Sweet Potato <i>rinse & cut into thick rounds</i>
30g	40g	Hazelnuts <i>roughly chop</i>
16g	20g	Mixed Herbs <i>(8g [10g] Fresh Mint & 8g [10g] Fresh Parsley)</i>
2	2	Garlic Cloves <i>peel & grate</i>
30g	40g	Capers <i>drain & finely chop</i>
45ml	60ml	Red Wine Vinegar
480g	640g	Beef Sirloin
2	2	Tomatoes <i>rinse & cut into bite-sized chunks</i>
300g	400g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway.)

2. TOAST Place the hazelnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. SALSA VERDE Rinse and finely chop the mixed herbs. Return the pan to medium heat with a drizzle of oil. When hot, fry the garlic until fragrant, 30-60 seconds. Remove from the pan. In a bowl, combine the herbs, the capers, the garlic, the vinegar (to taste), 90ml [120ml] of olive oil, a sweetener (to taste), and seasoning. Alternatively: Add the ingredients into a blender and pulse until smooth.

4. STEAK 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. JUST BEFORE SERVING In a bowl, toss together the tomatoes, the cucumber, the nuts, a drizzle of olive oil, and season.

6. DINNER IS READY Dish up the sweet potato, side with the steak slices, and the tomato and cucumber salad. Finish with dollops of salsa verde. Dig in, Chef!

Chef's Tip If the salsa verde is too tangy, balance it with a bit of sweetener.