



UCCOOK

Beef Sirloin & Creamy Miso Sauce

with potato wedges

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info

	Per 100g	Per Portion
Energy	572kJ	2956kJ
Energy	137kcal	707kcal
Protein	8.9g	45.8g
Carbs	8.6g	44.2g
of which sugars	1g	5.3g
Fibre	1.7g	8.7g
Fat	5.2g	27g
of which saturated	2.3g	11.8g
Sodium	120.8mg	623.6mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk, Soya

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse & cut into wedges</i>
50g	100g	Kale <i>rinse & shred</i>
5g	10g	Walnuts <i>roughly chop</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
160g	320g	Beef Sirloin
40ml	80ml	Crème Fraîche
5ml	10ml	Dijon Mustard
10ml	20ml	Miso Paste

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

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

2. KALE Place the kale on a separate roasting tray with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. When the potato has 10 minutes remaining, put the tray of kale into the oven and roast for the remaining time.

3. WALNUT SALAD Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove and place in a salad bowl. When the kale is done, add to the bowl along with the cucumber, a drizzle of olive oil and seasoning. Toss and set aside.

4. SEARED 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. HEAVENLY SAUCE Boil the kettle. Return the pan to low heat. Add the crème fraîche, the mustard, the miso paste (to taste), and 30ml [50ml] of warm water. Leave to simmer until slightly reduced, 2-3 minutes (stirring occasionally). Remove from the heat and whisk in 15g [30g] of butter. If the sauce is too thick for your liking, loosen with a splash of warm water. Season, cover, and set aside.

6. BEST DINNER EVER! Plate up the meat, and spoon over the creamy miso sauce. Serve with the dressed salad, and the wedges on the side.