



U C O O K

— COOKING MADE EASY

Swift Sirloin Supper

**with charred artichokes, kalamata olives
& bulgur wheat**

Step up your steak supper game with this seared sirloin, basted with fragrant garlic-thyme butter. Get an added boost from an olive and grilled artichoke bulgur salad, a leafy tomato salad, and the healthy crunch of sunflower seeds!

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Thandi Mamacos



Health Nut

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Ingredients & Prep

400ml	Bulgur Wheat
20ml	Vegetable Stock
40g	Sunflower Seeds
200g	Quartered Artichoke Hearts <i>drained</i>
2	Lemon <i>zested & cut into wedges</i>
640g	Free-Range Beef Sirloin
10g	Fresh Thyme <i>rinsed</i>
3	Garlic <i>peeled & bashed with the side of a knife</i>
100g	Pitted Kalamata Olives <i>drained & halved</i>
320g	Baby Tomatoes <i>rinsed & halved</i>
80g	Green Leaves <i>rinsed</i>
10g	Fresh Parsley <i>rinsed, picked & chopped</i>

From Your Kitchen

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

1. COOK THE BULGUR Boil the kettle. Using a shallow bowl, submerge the bulgur wheat and stock in 800ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 15-20 minutes until cooked and tender. Fluff up with the fork on completion.

2. TOASTY SUNFLOWER SEEDS Place the sunflower seeds in a large pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. CHARRED ARTICHOKEs Return the pan to a high heat with a drizzle of oil. When very hot, fry the artichokes for 20-30 seconds per side until charred and caramelised. Remove from the pan on completion and season with a generous pinch of salt and a squeeze of lemon juice. Set aside for step 5.

4. SIZZLING SIRLOIN Return the pan to a medium-high heat with another drizzle of oil. Pat the steaks dry with some paper towel. When the pan is hot, sear the steaks fat-side down for 3-5 minutes until crispy. Then, fry each side for 2-4 minutes or until cooked to your preference. (The time this takes will depend on the thickness of the steaks.) During the final 1-2 minutes, baste the steaks with a knob of butter, the rinsed thyme sprigs, and the bashed garlic. On completion, remove from the pan and place in a piece of tinfoil. Pour in the pan juices, including the thyme and garlic, and close up tightly. Set aside to rest for 5 minutes before thinly slicing, reserving the juices. Lightly season the slices.

5. SALAD STUFF! When the bulgur is cooked, stir through the charred artichokes and halved olives. In a separate bowl, toss together the halved baby tomatoes, the rinsed green leaves, and three-quarters of the chopped parsley. Add a drizzle of olive oil, the juice of 4 lemon wedges, and some lemon zest to taste. Toss to coat and season to taste. You can either mix these two salads together or serve them separately — the choice is yours!

6. DISH UP YOUR DINNER Plate the juicy steak slices alongside the bulgur and artichoke salad and the fresh tomato salad. Pour the pan juices over the steak and garnish with the remaining chopped parsley. Dig in, Chef!

Nutritional Information

Per 100g

Energy	699kJ
Energy	167Kcal
Protein	10.7g
Carbs	17g
of which sugars	0.8g
Fibre	4g
Fat	3.9g
of which saturated	0.9g
Sodium	247mg

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within
4 Days