



UCOOK

Beef & Butternut Salad

with Danish-style feta & fresh parsley

Don't be fooled by the straightforward name of this salad, because the tastes are anything but. That's because every ingredient's flavour profiles are leveled up with clever cooking tricks. The homemade tahini & lemon juice yoghurt dressing is a great example - a cooling, creamy sauce that makes the butter-basted sirloin shine!


Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Harry Hartman | Somesay Shiraz

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Ingredients & Prep

250g	Butternut <i>deseeded, peeled (optional) & cut into half-moons</i>
10ml	NOMU Moroccan Rub
20g	Salad Leaves
1	Tomato
4g	Fresh Parsley
20g	Danish-style Feta
5ml	Tahini
30ml	Low Fat Plain Yoghurt
5ml	Lemon Juice
160g	Free-range Beef Sirloin

From Your Kitchen

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

1. BEGIN WITH THE BUTTERNUT Preheat the oven to 200°C. Spread out the butternut half-moons on a roasting tray. Coat in oil, ½ the rub, and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and golden, flipping halfway.

2. A STEP FOR PREP While the butternut is roasting, rinse the salad leaves and roughly shred. Cut the tomato into half-moons. Rinse and finely chop the parsley. Drain the feta.

3. YUMMY YOGHURT In a small bowl, combine the tahini, the yoghurt, the lemon juice (to taste), seasoning, and ½ the chopped parsley. Loosen with water in 10ml increments until drizzling consistency.

4. BUTTER-BASTED BEEF When the roast has 10-15 minutes remaining, place a pan over medium-high heat with a drizzle of oil. Pat the sirloin dry with paper towel. When the pan is hot, sear the sirloin, fat-side down, for 3-5 minutes until crispy. Then, fry for 2-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the sirloin.) During the final 1-2 minutes, baste with a knob of butter and the remaining rub. Remove from the pan and rest for 5 minutes before slicing. Lightly season the slices.

5. TIME TO COMBINE In a salad bowl, combine the cooked butternut half-moons, the shredded leaves, the tomato half-moons, the drained feta, and seasoning.

6. GATHER AROUND THE TABLE! Plate up the butternut salad drizzled with the tahini-yoghurt dressing. Side with the sirloin slices and garnish with the remaining parsley. Dig in, Chef!



Chef's Tip

If you have an air fryer, why not use it to cook the butternut? Coat in oil, season, and pop in the air fryer at 200°C. Cook for 30-35 minutes or until cooked through and crispy.

Nutritional Information

Per 100g

Energy	451kj
Energy	108kcal
Protein	8g
Carbs	7g
of which sugars	1.7g
Fibre	1.4g
Fat	3.1g
of which saturated	1.2g
Sodium	132mg

Allergens

Dairy, Sesame

Cook
within
4 Days