



UCOOK

Sirloin & Roasted Red Pepper Tapenade

with mixed olives & pickled onion

In our opinion, there's nothing better than a perfectly seared sirloin steak and a homemade olive & roasted red pepper tapenade. Served with dressed leaves, pickled red onions, red peppers and don't forget a scattering of sliced fresh mint for freshness. This recipe has some waiting time while the veggies are roasting, so make the tapenade a day ahead to save some time!

Hands-on Time: 25 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Megan Bure

 Adventurous Foodie

 Leopard's Leap | Culinaria Grand Vin

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Ingredients & Prep

250g	Butternut <i>deseeded, peeled (optional) & cut into thin wedges</i>
1	Garlic Clove
1	Red Bell Pepper
1	Red Onion
15ml	White Wine Vinegar
4g	Fresh Mint
20g	Salad Leaves
10g	Capers
80g	Mixed Olives <i>(40g Pitted Kalamata Olives & 40g Pitted Green Olives)</i>
2,5ml	Ground Cumin
160g	Free-range Beef Sirloin
10ml	NOMU Roast Rub

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender
Paper Towel
Butter (optional)
Sugar/Sweetener/Honey
Cling Wrap (optional)

1. BUTTERNUT WEDGES Preheat the oven to 200°C. Spread out the butternut wedges and the whole, unpeeled garlic clove on a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through and golden, flipping halfway.

2. ROASTED PEPPER Cut the pepper in half and remove the seeds and the stalk. Set aside ½ the pepper for Step 3. Place the remaining pepper (you don't need to chop it up) on the roasting tray with the butternut. Coat in oil and season. Roast in the hot oven for 20-25 minutes until they start to char.

3. PREP STEP Whilst the vegetables are roasting, finely slice the remaining pepper and set aside. Peel and finely slice ¼ of the onion, setting aside the remaining ¾ for another meal. In a bowl, combine the vinegar, 10ml of water, and 5ml of a sweetener of choice. Add the onion & pepper slices and set aside to pickle. Rinse the mint and the salad leaves. Roughly shred the salad leaves and roughly slice the mint. Drain the capers and the olives.

4. YUMMY TAPENADE When the peppers are done, place in a bowl. Cover with cling wrap or a plate and steam for 5-7 minutes. On completion, peel off the skin. Remove the garlic clove from the oven and squeeze out the flesh into a blender. Add the roasted pepper, the ground cumin, the drained capers, the drained olives and seasoning. Pulse until fully combined.

5. SEARED STEAK Place a pan over a medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When the pan is hot, sear the steak 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 steak). During the final 1-2 minutes, baste with a knob of butter or a drizzle of oil and the rub. Remove from the pan on completion and allow to rest for 5 minutes before slicing and lightly seasoning. Toss the rinsed salad leaves with the pickled pepper & onion, a drizzle of oil and seasoning.

6. PLATE & DIG IN! Plate up the steak slices topped with the tapenade. Side with the butternut wedges and the salad. Scatter over the sliced mint.



Chef's Tip

If you have any leftover tapenade, pop it in the fridge and save it for another meal. We recommend spreading it on some toast and eating it for breakfast!

Nutritional Information

Per 100g

Energy	363kJ
Energy	87kcal
Protein	5.5g
Carbs	7g
of which sugars	1.9g
Fibre	1.8g
Fat	2.5g
of which saturated	0.6g
Sodium	226mg

Allergens

Allium, Sulphites

Cook
within
4 Days