



# UCOOK

## Apple & Beef Sirloin Salad

**with crispy kale & roasted carrots**

The perfect pairing of fresh apple and rosemary butter-infused sirloin steak will be your dinner tonight, Chef! Served with oven-roasted kale & carrot, toasted pecan nuts, ribbons of Italian-style hard cheese, & a balsamic vinegar drizzle. Don't forget to pair your meal with our UCOOK-recommended wine.

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Jade Summers

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Carb Conscious

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KWV - The Mentors | KWV The Mentors  
Grenache Blanc

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## Ingredients & Prep

240g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces on the diagonal</i>
10g	Pecan Nuts
50g	Kale <i>rinse &amp; roughly shred</i>
160g	Free-range Beef Sirloin
3g	Fresh Rosemary <i>rinse</i>
1	Apple <i>rinse, peel, core &amp; thinly slice ½</i>
10ml	Balsamic Vinegar
20g	Italian-style Hard Cheese <i>peel into ribbons</i>

## From Your Kitchen

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

**1. GOLDEN CARROT** Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. I PE-CAN** Place the chopped pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. DRESS THE KALE** Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. When the carrots have 10-15 minutes remaining, give the tray a shift and scatter over the dressed kale. Roast for the remaining time.

**4. ROSEMARY BUTTER STEAK** Place a pan over 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 and the rinsed rosemary. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**5. DELISH DINNER = DONE** Make a bed of the crispy kale & golden carrots, and top with the sliced apple. Drizzle the balsamic vinegar over the apple. Scatter over the hard cheese and the toasted nuts. Side with the rosemary-seared beef.

## Nutritional Information

Per 100g

Energy	425kJ
Energy	102kcal
Protein	6.7g
Carbs	9g
of which sugars	4.9g
Fibre	2.3g
Fat	3.1g
of which saturated	0.9g
Sodium	43mg

## Allergens

Egg, Sulphites, Tree Nuts, Cow's Milk

Eat  
Within  
5 Days