



UCOOK

Lemon & Parsley Steak

with roasted beetroot & Danish-style feta

Tender sirloin steak is pan fried and basted in lemon & parsley, giving it a zesty & vibrant flavour. Served alongside roasted beetroot and a fresh green salad crumbled with Danish-style feta, this dish is oh-so-satisfying. Bright & beautiful, this meal is perfect for impressing guests or simply treating yourself to something special.

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Jason Johnson

 Carb Conscious

 Stellenzicht | Tristone Cabernet Sauvignon

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Ingredients & Prep

1,2kg	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized pieces</i>
80g	Green Leaves <i>rinsed</i>
200g	Cucumber <i>cut into half-moons</i>
80g	Radish <i>rinsed & sliced into thin rounds</i>
40ml	Lemon Juice
2	Garlic Cloves <i>peeled & grated</i>
15g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
640g	Free-range Beef Sirloin
100g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. GET TO THE ROOT OF IT Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

2. FRESH SIDE In a bowl, combine the rinsed green leaves, the cucumber half-moons, the radish rounds, a drizzle of olive oil, and seasoning. Set aside.

3. BEST BASTE IN TOWN In a small bowl, combine the lemon juice, the grated garlic, ½ the chopped parsley and seasoning.

4. SIZZLING, CHEF! When the beetroot has 10 minutes remaining, 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 and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter (optional) and the lemon & parsley mix. Remove from the pan, reserving the pan juices, and rest for 5 minutes before slicing and seasoning.

5. DINNER IS SERVED Plate up the fresh salad and serve the roasted beetroot alongside. Side with the sirloin slices drizzled with any reserved pan juices. Crumble over the drained feta and garnish with the remaining parsley. Service, please!



Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until crispy, 20-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	388kj
Energy	93kcal
Protein	7.7g
Carbs	4g
of which sugars	0.9g
Fibre	1.4g
Fat	2.6g
of which saturated	1.2g
Sodium	117mg

Allergens

Dairy, Allium

Cook
within
4 Days