



UCCOOK

Beef Steak Prego

with a Portuguese roll & side salad

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Delheim Wines | Delheim
Shiraz/Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	583kj	2982kj
Energy	140kcal	713kcal
Protein	9.6g	49.1g
Carbs	12g	59g
of which sugars	1.9g	9.5g
Fibre	0.7g	3.5g
Fat	3.4g	17.5g
of which saturated	1.2g	6.2g
Sodium	210mg	1075mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Soy

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
480g	640g	Beef Sirloin
150ml	200ml	Prego Sauce
3	4	Portuguese Rolls
60g	80g	Green Leaves <i>rinse</i>
150g	200g	Cucumber <i>rinse & roughly dice</i>
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
60g	80g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Seasoning (salt & pepper)

1. PREGO 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, 2-3 minutes per side (for medium-rare). In the final minute, baste with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning. Place the slices in a bowl and toss through the prego sauce.

2. ON A ROLL Halve the rolls, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the buns, cut-side down, until golden, 1-2 minutes.

3. SIMPLE SALAD In a bowl, toss together the green leaves, the cucumber, the tomato, the feta, a drizzle of olive oil, and seasoning. Set aside.

4. DINNER IS DONE! Serve up a toasted rolls with the prego sirloin slices. Side with the dressed salad. Cheers, Chef!