

QCOOK

Beef Sirloin & Pea Purée

with roasted carrot & sunflower seeds

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Stettyn Wines | Stettyn Family Range
Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	487kj	2793kj
Energy	117kcal	668kcal
Protein	8.7g	49.6g
Carbs	8g	43g
of which sugars	3.3g	19.2g
Fibre	2.3g	13.1g
Fat	3.6g	20.7g
of which saturated	1.3g	7.6g
Sodium	101mg	578mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None



Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
5ml	10ml	NOMU Italian Rub
10g	20g	Sunflower Seeds
160g	320g	Beef Sirloin
1	1	Garlic Clove <i>peel & grate</i>
80g	160g	Peas
40ml	80ml	Full Cream UHT Milk
10ml	20ml	Lemon Juice
20g	40g	Danish-style Feta <i>drain</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

Blender (optional)

1. CARROT Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. TOAST Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. STEAK When the roast has 10-15 minutes to go, return the pan to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. PEA PUREE Place a small pot over medium heat with a knob of butter and a drizzle of oil. When hot, fry the garlic until fragrant, 30-60 seconds. Add the peas and the milk and simmer until the peas are warmed through, 1-2 minutes. Remove from the heat and place the pea mixture in a blender, the lemon juice (to taste), and seasoning. Pulse until a smooth purée. (Alternatively, if you don't own a blender, make a rustic pea purée. After frying the garlic and adding the peas and the milk, simply mash the peas with a potato masher or a fork and mix until combined.) Add water in 10ml increments if it's too thick for your liking.

5. DINNER TIME Smear the pea purée on a plate, side with the roasted carrot and crumble the feta over the carrot. Serve alongside the steak slices, sprinkle over the sunflower seeds, and garnish with a sprinkle of the parsley. Cheers, Chef!

Chef's Tip For a restaurant-level smooth purée, after blending, pass through a fine sieve for an ultra-silky finish.