



UCCOOK

Coca-Cola's Beef & Béarnaise Sauce

with crispy baby potatoes & a side salad

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Rhea Hsu

Pairing: Drink | Coca-Cola

Nutritional Info

	Per 100g	Per Portion
Energy	611kJ	4588kJ
Energy	146kcal	1097kcal
Protein	6.5g	48.6g
Carbs	8g	62g
of which sugars	1.9g	14.2g
Fibre	1.3g	9.6g
Fat	7.6g	57.4g
of which saturated	4g	29.7g
Sodium	95mg	712mg

Allergens: Cow's Milk, Egg, Allium, Sulphites, Alcohol

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Baby Potato <i>rinse & halve</i>
1	1	Onion <i>peel & cut into wedges</i>
10g	20g	Pumpkin Seeds
160g	320g	Beef Sirloin
10ml	10ml	Wine & Vinegar <i>(5ml White Wine & 5ml Red Wine Vinegar)</i>
50g	50g	Butter <i>cut into small cubes & keep chilled</i>
2,5ml	5ml	Dried Oregano
10ml	20ml	Lemon Juice
20g	40g	Green Leaves <i>rinse & roughly shred</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
20g	40g	Radish <i>rinse & slice into thin rounds</i>
20g	40g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Egg/s
Paper Towel
Butter (optional)
Seasoning (salt & pepper)

1. ROASTY & TOASTY POTATOES Preheat the oven to 200°C. Spread the potatoes and the onion on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, coat the potatoes, and the onion in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. SUNNY SIDE OF THE SEED Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. THE STEAKS ARE HIGH 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 (optional). Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. BÉARNAISE SAUCE Place a pot over medium-low heat and cover the base with 2cm of water. Place a heatproof bowl over the pot of water. Add 1 egg yolk and the wine & vinegar. Whisk in one cube of butter at a time, stirring constantly. Only add the next butter cube when the previous one has melted. Remove the bowl from the pot of simmering water. Continue whisking until the sauce has thickened enough to coat the back of a spoon. Add the dried oregano (to taste), a sweetener, and seasoning. Loosen with a splash of warm water if too thick.

5. TOSS IT TOGETHER In a salad bowl, combine the lemon juice, a drizzle of olive oil, a sweetener (to taste), and seasoning. Toss through the rinsed green leaves, the cucumber, the radish, the feta, and ½ the pumpkin seeds.

6. GRAB THE PLATES Plate up the seared steak slices and dollop over some of the béarnaise sauce. Side with the dressed salad and the roasted baby potatoes and onion wedges. Sprinkle over the remaining pumpkin seeds. Serve with the remaining béarnaise sauce for dunking. Go on, Chef!