



UCOOK

Beef Sirloin & Crispy Kale Salad

with sweet potato mash & a tomato salad

Succulent sirloin steak is served with a rustic sweet potato mash and a crispy kale and tomato salad (trust us, even if you don't like kale, you will love this salad!) This dish has all the dinner elements you could hope for: sustenance, texture and flavour!


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

 Quick & Easy

 Waterford Estate | Waterford The Library
Collection Spring Shiraz 2017

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Ingredients & Prep

250g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
50g	Kale
1	Tomato
5g	Sunflower Seeds
160g	Free-range Beef Sirloin
5ml	NOMU Provençal Rub
20ml	That Mayo (Garlic)

From Your Kitchen

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

1. RUSTIC MASH Preheat the oven to 200°C. Spread out the sweet potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

2. ALL HAIL, CRISPY KALE! Rinse and roughly shred the kale. Roughly dice ½ the tomato. Place the shredded kale on a separate roasting tray. Coat in oil and some seasoning. Using your hands, massage the kale until softened and coated. When the sweet potato has 8-10 minutes remaining, pop the tray of kale into the hot oven and roast for the remaining roasting time until crisp.

3. SUNNY SEEDS Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan.

4. SIZZLING STEAK Return the pan to a medium-high heat with a drizzle of oil. Pat the steak dry with some paper towel. When the pan is hot, sear the steak fat-side down, for 3-5 minutes until crispy. Then, fry for 2-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the steak). During the final 1-2 minutes, baste with a knob of butter (optional), and the rub. Remove from the pan on completion and allow to rest for 5 minutes before slicing. Lightly season the slices.

5. FINAL TOUCHES When the sweet potato is done, place in a bowl and mash with a potato masher or fork until a rustic mash. Add a splash of milk (optional) and a knob of butter (optional). Season to taste. In a bowl, combine the diced tomato, the crispy kale, and seasoning.

6. DINNER IS SERVED! Plate up the rustic mash. Side with the sirloin slices and the crispy kale & tomato salad. Sprinkle over the toasted sunflower seeds. Side with the mayo for dunking. Well done, Chef!

Nutritional Information

Per 100g

Energy	516kJ
Energy	123kcal
Protein	7.7g
Carbs	10g
of which sugars	3.3g
Fibre	1.8g
Fat	3.2g
of which saturated	0.9g
Sodium	99mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days