



UCCOOK

Stettyn's Creamy Beef Dinner

with a fresh side salad

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Stettyn Winery

Wine Pairing: Stettyn Wines | Stettyn Shackleton Range Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	672kJ	3054kJ
Energy	161kcal	731kcal
Protein	9.8g	44.4g
Carbs	11g	48g
of which sugars	2.6g	11.9g
Fibre	1.6g	7.4g
Fat	6.3g	28.7g
of which saturated	2.7g	12.2g
Sodium	111mg	506mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato Chunks
160g	320g	Beef Sirloin
5ml	10ml	NOMU Cajun Rub
1	1	Garlic Clove <i>peel & grate</i>
5ml	10ml	Dried Thyme
40ml	80ml	Crème Fraîche
10g	20g	Green Leaves <i>rinse</i>
7,5g	15g	Almonds
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
7,5ml	15ml	Balsamic Vinegar

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter

Milk

Paper Towel

1. BUTTER-COATED POTATO Place the potato chunks in a pot of salted water. Bring to a boil and cook until soft, 10-15 minutes. Drain and return to the pot with a knob of butter and seasoning. Toss to coat the potato in the butter. Set aside.

2. NOMU-SPICED 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, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. CREAMY SAUCE & SUN-DRIED TOMATO SALAD Return the pan to medium heat, reserving any pan juices. Fry the garlic and thyme until fragrant, 1-2 minutes (stirring constantly). Turn down the heat and add a splash of water and the crème fraîche. Mix it to combine. Remove from the heat and season - you can be generous with the black pepper! In a salad bowl, toss together the green leaves, the sun-dried tomatoes, the almonds, the balsamic vinegar (to taste) and a drizzle of olive oil. Set aside.

4. DELISH DINNER Plate up the potato, and side with the sliced beef. Pour over the creamy sauce and serve the fresh salad alongside.