

# UCCOOK

## Beef Sirloin & Watermelon Salad

with charred corn & Danish-style feta

**Hands-on Time:** 30 minutes

**Overall Time:** 30 minutes

**\*New Calorie Conscious:** Serves 3 & 4

**Chef:** Kate Gomba

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 465kJ    | 2060kJ      |
| Energy             | 111kcal  | 492kcal     |
| Protein            | 9.4g     | 41.6g       |
| Carbs              | 5g       | 21g         |
| of which sugars    | 2g       | 11g         |
| Fibre              | 1g       | 4g          |
| Fat                | 3.3g     | 14.6g       |
| of which saturated | 1.5g     | 6.5g        |
| Sodium             | 73.3mg   | 324.4mg     |

**Allergens:** Cow's Milk, Sulphites

**Spice Level:** None

Eat Within 1 Day

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                             |
|----------|------------|-------------------------------------------------------------|
| 90g      | 120g       | Corn                                                        |
| 480g     | 640g       | Beef Sirloin                                                |
| 300g     | 400g       | Watermelon Cubes<br><i>cut into small bite-sized chunks</i> |
| 60g      | 80g        | Green Leaves<br><i>rinse</i>                                |
| 60g      | 80g        | Danish-style Feta<br><i>drain</i>                           |
| 8g       | 10g        | Fresh Mint<br><i>rinse, pick &amp; roughly slice</i>        |
| 300g     | 400g       | Cucumber<br><i>rinse &amp; roughly dice</i>                 |
| 30ml     | 40ml       | Balsamic Vinegar                                            |

## From Your Kitchen

Cooking Spray  
Seasoning (salt & pepper)  
Water  
Paper Towel

**1. CHARRED CORN** Place a pan over medium-high heat and lightly spray with cooking spray. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. STEAK** Return the pan to medium-high heat and lightly spray with cooking spray. 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). Remove from the pan and rest for 5 minutes before slicing and seasoning.

**3. JUST BEFORE SERVING** In a salad bowl, combine the watermelon, the green leaves, the feta, the mint, the cucumber, the corn, and the balsamic vinegar. Toss to coat and season.

**4. DINNER IS READY** Dish up the salad and side with the steak slices. Cheers, Chef!