



UCOOK

Gorgeous Greek Sirloin

with millet, homemade tzatziki & marinated tomatoes

A positively perfect sirloin steak is served over fluffy millet laced with Kalamata olives and cucumber, dolloped with your own homemade tzatziki and accompanied with a fresh salad of peppery radish, balsamic-marinated tomato, and creamy feta.

Hands-On Time: 45 minutes

Overall Time: 55 minutes

Serves: 2 People

Chef: Megan Bure

♥ Health Nut

🍷 Haute Cabrière | von Arnim Family Reserve

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

150ml	Millet
2	Plum Tomatoes <i>diced</i>
30ml	Balsamic Vinegar
65ml	Plain Yoghurt
100g	Cucumber <i>½ grated & liquid squeezed out & ½ diced</i>
320g	Free-range Beef Sirloin
2	Garlic Cloves <i>peeled & grated</i>
15ml	NOMU Lamb Rub
50g	Pitted Kalamata Olives <i>drained & roughly chopped</i>
80g	Danish-style Feta <i>drained</i>
40g	Radish <i>rinsed & sliced into thin rounds</i>
10g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. MARVELOUS MILLET Place a pot over a medium heat. When hot, toast the millet for 1-3 minutes, shifting occasionally. Pour in 300ml of salted water and cover with a lid. Once boiling, reduce the heat and gently simmer for 10-12 minutes until the water has been absorbed and the millet is cooked. If it starts to dry out, add more water in small increments to continue cooking. On completion, drain if necessary and return to the pot. Fluff up with a fork and toss through a drizzle of oil. Replace the lid and keep warm until serving.

2. MARINATE & COMBINE In a bowl, mix the diced tomatoes with the balsamic vinegar, seasoning and a drizzle of oil, and set aside to marinate. Place the yoghurt in a small bowl with the grated cucumber and some seasoning, and mix to combine.

3. SIZZLING STEAK Place a pan over a medium-high heat with a drizzle of oil. Pat the steaks dry with paper towel. When the pan is hot, sear the steaks fat-side down, for 3-5 minutes until crispy. Fry for 2-4 minutes per side or until cooked to your preference (this time frame may depend on the thickness of the steaks). During the final 1-2 minutes, baste with a knob of butter, the grated garlic, and the lamb rub. Remove from the pan on completion, reserving the pan juices, and allow to rest for 5 minutes before slicing and seasoning.

4. MAKE IT NICE Toss ½ of the chopped olives and the diced cucumber through the cooked millet with some seasoning until combined.

5. FINAL TOUCHES Just before serving, add the drained feta, radish rounds, ½ of the chopped oregano and the remaining chopped olives to the bowl of marinated tomatoes. Toss to combine and season.

6. EAT WELL! Make a generous bed of flavour packed millet and lay over the juicy steak slices. Pour over any pan juices, side with the marinated tomato salad and dollop over the tzatziki. Garnish with the remaining chopped oregano. Beautiful, Chef!

Nutritional Information

Per 100g

Energy	707kJ
Energy	169Kcal
Protein	11g
Carbs	13g
of which sugars	1.5g
Fibre	2.2g
Fat	5.3g
of which saturated	2.2g
Sodium	223mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days