



# UCCOOK

## Cathedral Cellar's Beef Sirloin

**with salsa Di Capperi & crispy potato stacks**

With just one recipe, you will learn to make a new condiment and a new technique! So, grab the muffin tin, a mandolin (if you have one) and let's make a fanciful, flavourful steak dinner. Featuring Italian salsa with capers, called salsa Di Capperi, crispy potato stacks roasted until golden in the oven, and a feta & pumpkin seed salad.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People

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**Chef:** Cathedral Cellar

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Adventurous Foodie

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Cathedral Cellar Wines | Cathedral Cellar-  
Cabernet Sauvignon

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## Ingredients & Prep

400g	Potato <i>rinse &amp; peel (optional)</i>
5g	Fresh Basil <i>rinse &amp; roughly chop</i>
5g	Fresh Parsley <i>rinse &amp; roughly chop</i>
1	Lemon <i>rinse &amp; cut into wedges</i>
1	Garlic Clove <i>peel &amp; grate</i>
40g	Capers <i>drain &amp; roughly chop</i>
20g	Pumpkin Seeds
320g	Beef Sirloin
15ml	NOMU One For All Rub
40g	Salad Leaves <i>rinse &amp; roughly shred</i>
60g	Danish-style Feta <i>drain</i>
160g	Baby Tomatoes <i>rinse &amp; cut in half</i>

## From Your Kitchen

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

**1. LEARN A NEW TECHNIQUE** Preheat the oven to 200°C. Brush a muffin tray with oil and set aside. Slice the potatoes into very thin rounds. You may need to halve these depending on your muffin tin size. Place the potato slices in a bowl with 2 tbsp of oil, the juice of 2 lemon wedges and seasoning. Toss well to ensure all the slices are covered in oil. In the oiled muffin tin, stack up the thin potato slices (into 3-4 muffin moulds per portion). Roast in the oven for 30-35 minutes. When they are finished roasting, allow them to cool for 10 minutes before turning them out of the tray.

**2. SALSA DI CAPPERI** Add the chopped herbs to a bowl with the grated garlic, the chopped capers, 2 tbsp olive oil, the juice of 2 lemon wedges, a sweetener (to taste) and seasoning. Set aside.

**3. TOASTED SEEDS** 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.

**4. SEARED 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.

**5. STUNNING!** Plate up the rinse salad leaves, topped with the halved tomatoes, the feta, the pumpkin seeds and a drizzle of olive oil. Side with the sirloin. Drizzle the salsa Di Caperi over the sirloin slices and side with the crispy potato stacks. Grub is up, Chef!

## Nutritional Information

Per 100g

Energy	410kJ
Energy	98kcal
Protein	6.9g
Carbs	9g
of which sugars	1.2g
Fibre	2g
Fat	2.6g
of which saturated	1.1g
Sodium	151mg

## Allergens

Cow's Milk, Allium, Sulphites

Eat  
Within  
3 Days