



UCOOK

Grilled Sirloin & Herb-Infused Tomatoes

with charred baby marrow, crispy lentils & toasted pumpkin seeds

Want to make your own oregano-infused balsamic dressing? All you need are these UCOOK ingredients, a jar and some arm action! Slices of tomato will soak up this heavenly, homemade liquid, which will be served with pan-fried baby marrow, crispy lentils, and seared beef sirloin steak. Served with toasted pumpkin seeds.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

Carb Conscious

Groote Post Winery | Groote Post Merlot

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Ingredients & Prep

10g	Pumpkin Seeds
1	Garlic Clove <i>peel & grate</i>
30ml	Balsamic Vinegar
2,5ml	Dried Chilli Flakes
1	Tomato <i>rinse & cut into thin rounds</i>
3g	Fresh Oregano <i>rinse & pick</i>
120g	Tinned Lentils <i>drain & rinse</i>
160g	Beef Sirloin
3g	Fresh Rosemary <i>rinse</i>
5ml	Paprika Mix <i>(2,5ml Smoked Paprika & 2,5ml Dried Chilli Flakes)</i>
100g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces on the diagonal</i>

From Your Kitchen

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

1. TOAST Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan.

2. DRESSING Return the pan to medium heat with a drizzle of oil. When hot, fry the grated garlic until fragrant, 30-60 seconds. Remove from the pan. In a bowl, combine the garlic, the balsamic vinegar, the chilli flakes (to taste), a sweetener (to taste), and 10ml of olive oil. Mix to emulsify, and season. Add the tomato slices, the rinsed oregano, seasoning, and set aside in the fridge.

3. LENTILS Return the pan (with a lid) to medium-high heat with a drizzle of oil. When hot, toast the drained lentils until golden and crispy, 12-15 minutes (shifting occasionally). Remove from the pan and season.

4. STEAK Place a grill pan (or return the 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, the rosemary, and the paprika mix. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. CHARRING MOMENT Return the pan, wiped down if necessary, to high heat with a drizzle of oil. When hot, fry the baby marrow pieces until lightly charred, 1-2 minutes (shifting occasionally). Remove from the pan and season.

6. DINNER IS READY Make a bed of the tomato rounds, top with the baby marrow pieces, and scatter over the crispy lentils. Lay over the steak slices. Drizzle over the dressing (to taste) and sprinkle over the toasted seeds. Tuck in, Chef!



Chef's Tip

To make the salad dressing, place the ingredients in a clean jar, close the lid up tight, and shake. Using a jar emulsifies the dressing much more successfully than just mixing it in a bowl.

Nutritional Information

Per 100g

Energy	612kJ
Energy	146kcal
Protein	12.6g
Carbs	13g
of which sugars	2.7g
Fibre	4.7g
Fat	2.3g
of which saturated	0.7g
Sodium	26mg

Allergens

Cow's Milk, Allium, Sulphites

Eat
Within
4 Days