



UCCOOK

Beef Sirloin & Pineapple Salsa Verde

with roasted sweet potato & charred green beans

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	430kJ	2584kJ
Energy	103kcal	618kcal
Protein	7g	42g
Carbs	10g	61g
of which sugars	4.3g	26.1g
Fibre	1.7g	10.4g
Fat	1.5g	8.9g
of which saturated	0.5g	2.9g
Sodium	80mg	479mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Sweet Potato <i>rinse & cut into bite-sized pieces</i>
15ml	20ml	Smoked Paprika
30g	40g	Capers <i>drain & finely chop</i>
2	2	Garlic Cloves <i>peel & grate</i>
150g	200g	Tinned Pineapple Pieces <i>drain & finely chop</i>
24g	30g	Mixed Herbs <i>rinse, pick & finely chop</i>
60ml	80ml	Lemon Juice
1	1	Fresh Chilli <i>deseed & finely slice</i>
480g	640g	Beef Sirloin
240g	320g	Green Beans <i>rinse</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil, smoked paprika, and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. SALSA VERDE Place a pan over medium heat a drizzle oil. When hot, fry the capers and garlic until fragrant, 1-2 minutes. Remove from the pan and place in a bowl, add the pineapple, mixed herbs, ½ the lemon juice, chilli (to taste), generous drizzle of olive oil, and seasoning. Set aside in the fridge.

3. STEAK Return the pan to 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. JUST BEFORE SERVING Return the pan to medium-high heat with a drizzle of oil if necessary. Fry the green beans until starting to char, 6-7 minutes (shifting occasionally). Deglaze with the remaining lemon juice, remove from the heat and season.

5. DINNER IS READY Dish up the roasted sweet potato, side with steak slices, and top the steak with the salsa verde. Serve the charred green beans on the side and dig in, Chef!