



UCOOK

Sirloin & Rocket Salsa Verde

with millet, fresh mint & Danish-style feta

Tasty & tangy homemade salsa verde is drizzled over a bed of fluffy millet salad with green pops of peas, Danish-style feta, piquanté peppers & crunchy onions. Accompanied by a perfectly cooked sirloin steak. An easy pea-sy meal for the win!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Cathedral Cellar Wines | Cathedral Cellar-Triptych 2020

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Ingredients & Prep

75ml	Millet
40g	Peas
1	Green Leaves
3g	Fresh Mint
1	Garlic Clove
1	Onion
10g	Capers
25g	Danish-style Feta
25g	Piquanté Peppers
15ml	Lemon Juice
160g	Free-range Beef Sirloin
7.5ml	NOMU Beef Rub

From Your Kitchen

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

1. MILLET Place the millet in a pot over medium heat. Toast until fragrant, 1-3 minutes (shifting occasionally). Add 150ml of salted water and a drizzle of olive oil. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-12 minutes. Fluff with a fork. Toss through the peas and cover.

2. PREP Rinse and finely slice the green leaves. Rinse, pick, and finely chop the mint. Peel and grate the garlic. Peel and roughly slice the onion. Drain and roughly chop the capers. Drain the feta and the piquanté peppers.

3. VERDE In a bowl, combine the chopped capers, the grated garlic, the sliced green leaves, and ½ the sliced mint. Add the lemon juice (to taste), 30ml of oil, and seasoning. Mix until combined. Loosen with oil in 5ml increments until drizzling consistency. Alternatively, place all the ingredients in a blender and blend until combined.

4. 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 ½ the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. ONIONS Return the pan with the pan juices to medium heat. Add a drizzle of oil if necessary. When hot, fry the sliced onions and the remaining NOMU rub until lightly golden but still crunchy, 3-4 minutes (shifting occasionally).

6. SALAD In a salad bowl, combine the millet & peas, the drained feta, the drained piquanté peppers, the fried onion, and any remaining pan juices (to taste). Add a generous drizzle of olive oil and season.

7. YUM! Bowl up the millet salad. Top with the steak slices and drizzle over the homemade salsa verde. Garnish with the remaining mint.

Nutritional Information

Per 100g

Energy	708kJ
Energy	169kcal
Protein	11.2g
Carbs	16g
of which sugars	2.8g
Fibre	2.7g
Fat	4.2g
of which saturated	1.6g
Sodium	203mg

Allergens

Allium, Sulphites, Cow's Milk

Cook
within
4 Days