



# QCOOK

## Fiery Jollof-style Rice & Beef Sirloin

with a cucumber salad

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Waterford Estate | Waterford Pecan Stream  
Pebble Hill

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 526kJ    | 3447kJ      |
| Energy             | 126kcal  | 825kcal     |
| Protein            | 7.4g     | 48.6g       |
| Carbs              | 16g      | 107g        |
| of which sugars    | 2.8g     | 18.5g       |
| Fibre              | 1.7g     | 11.4g       |
| Fat                | 1.5g     | 9.9g        |
| of which saturated | 0.5g     | 3g          |
| Sodium             | 30mg     | 196mg       |

**Allergens:** Sulphites, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** Hot

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                                                            |
|----------|------------|----------------------------------------------------------------------------------------------------------------------------|
| 1        | 1          | Onion<br><i>peel &amp; roughly dice ½ [1]</i>                                                                              |
| 1        | 1          | Tomato<br><i>rinse &amp; roughly dice ½ [1]</i>                                                                            |
| 20ml     | 40ml       | Tomato Paste                                                                                                               |
| 22,5ml   | 45ml       | Jollof Spice<br><i>(10ml [20ml] Smoked Paprika, 10ml [20ml] Medium Curry Powder &amp; 2,5ml [5ml] Dried Chilli Flakes)</i> |
| 1        | 1          | Garlic Clove<br><i>peel &amp; grate</i>                                                                                    |
| 100ml    | 200ml      | White Basmati Rice<br><i>rinse</i>                                                                                         |
| 20g      | 40g        | Piquanté Peppers<br><i>drain</i>                                                                                           |
| 160g     | 320g       | Beef Sirloin                                                                                                               |
| 10ml     | 20ml       | Red Wine Vinegar                                                                                                           |
| 20g      | 40g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>                                                                           |
| 50g      | 100g       | Cucumber<br><i>rinse &amp; cut into half-moons</i>                                                                         |

## From Your Kitchen

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

**1. AMAZING AROMATICS** Place a pot over medium heat with a drizzle of oil. When hot, fry the onion until soft and fragrant, 5-6 minutes. Add the tomato, tomato paste, jollof spice, and the garlic. Fry until fragrant, 3-4 minutes.

**2. JOLLOF RICE** Add the rice, salt (to taste), and 200ml [400ml] of water to the pot. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat, mix in the peppers, and set aside to steam, 8-10 minutes.

**3. SUPERB 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**4. SOME FRESHNESS** In a bowl, combine the vinegar with a drizzle of olive oil and mix to emulsify. Add the salad leaves, cucumber, and seasoning, and toss to coat.

**5. DINNER IS READY** Bowl up the fragrant rice, top with the steak slices, and side with the salad. Enjoy, Chef!