



UCCOOK

Sizzling Cajun Sirloin

with freshly made guacamole, spiced millet & a sassy bean salsa


We're comin' in piping hot with steak seared in butter and a Cajun rub, zesty corn and kidney bean salsa, and smoky, fluffed-up millet. Top it with spring onion and creamy homemade guacamole, and you've got supper done, dusted, and delish!


Hands-On Time: 40 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Ella Nasser

 **Easy Peasy**

 **Steenberg Vineyards | Stately Cabernet Sauvignon/Shiraz**

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Ingredients & Prep

| | |
|-------|---|
| 300ml | Millet |
| 30ml | NOMU Cajun Rub |
| 240g | Kidney Beans <i>drained & rinsed</i> |
| 200g | Corn <i>drained</i> |
| 4 | Spring Onions <i>finely sliced, keeping the white & green parts separate</i> |
| 80g | Salad Leaves <i>rinsed & roughly shredded</i> |
| 160g | Danish-style Feta <i>drained</i> |
| 2 | Limes <i>zested & cut into wedges</i> |
| 640g | Free-range Beef Sirloin |
| 4 | Garlic Cloves <i>peeled & grated</i> |
| 2 | Avocado |
| 10g | Fresh Coriander |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Tinfoil

1. FLUFFY MILLET Place a large pot over a medium heat. When hot, toast the millet and ½ of the Cajun Rub for 3-4 minutes until starting to turn gold, shifting occasionally. Pour in 600ml of salted water and cover with a lid. Once boiling, reduce the heat and gently simmer for 15-18 minutes until the water has been absorbed and the millet is cooked. If it starts to dry out, add more water in small increments to continue cooking. On completion, drain if necessary and return to the pot. Fluff up with a fork and toss through a drizzle of oil. Cover to keep warm and set aside until serving.

2. TOSS YOUR VIBRANT SALSA Place the drained kidney beans, drained corn, white spring onion slices, and shredded salad leaves in a bowl. Crumble in the drained feta, drizzle with oil, and add a squeeze of lime and a pinch of zest. Season, toss to combine, and set aside for serving.

3. FIERY SIRLOIN Place a nonstick pan over a medium-high heat with a drizzle of oil. Pat the steaks dry with paper towel. When the pan is hot, sear the steaks fat-side down for 3-5 minutes until crispy. Then, fry each side for 2-4 minutes or until cooked to your preference. (This time frame may depend on the thickness of the steaks.) During the final 1-2 minutes, baste with a knob of butter, the grated garlic, and the remaining Cajun Rub. Place in a piece of tinfoil, pour in any juices from the pan, and season. Close up tightly and set aside to rest for 5 minutes before thinly slicing, reserving the juices for serving.

4. GUAC, YOU ROCK! Halve the avocados, scoop out the flesh, and place in a bowl. Add a squeeze of lime juice, any remaining zest, and some seasoning — all to taste. Mash with a fork until a chunky guacamole is formed. Rinse the coriander and roughly chop.

5. GET READY TO FEAST... Make a bed of millet, lay over the smoky steak slices, and drizzle with the reserved meat juices. Side with the salsa and top it all with a large dollop of guacamole. Garnish with the green spring onion slices, the chopped coriander, and any remaining lime wedges. Nice work, Chef!



Chef's Tip

Millet is a gluten-free whole grain and an excellent source of fiber, but it takes a little getting used to when you're learning how to cook it. Although it cooks quite similarly to rice, it can quadruple in size! So, be sure to cook it in a big enough pot.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 800kJ |
| Energy | 191Kcal |
| Protein | 11.3g |
| Carbs | 16g |
| of which sugars | 1g |
| Fibre | 3.5g |
| Fat | 6.6g |
| of which saturated | 2.2g |
| Sodium | 187mg |

Allergens

Dairy, Allium

Cook
within
4 Days