



# U C O O K

— COOKING MADE EASY

## FLAMING SIRLOIN

with **Cajun spice**, **smashed avo** & **street-style corn**

Coming in piping hot! Warmth from spicy, seared steak; vim and vigour from baby tomatoes and limey avo: the combo you need on a wintery night. With scorched corn, coriander & chilli pesto, and Cajun-spiced bulgur.

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**Hands-On Time:** 30 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Alex Levett

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**Health Nut**

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## Ingredients & Prep

75ml	Bulgar Wheat
7.5ml	NOMU Cajun Rub
1	Avocado
1	Lime <i>one half cut into wedges</i>
20g	Salad Leaves <i>rinsed</i>
100g	Baby Tomato Medley <i>rinsed &amp; halved</i>
160g	Free-Range Beef Sirloin
1	Garlic Clove <i>peeled &amp; grated</i>
20ml	Pesto Princess Coriander & Chilli Pesto
100g	Corn

## From Your Kitchen

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

**1. BEFORE YOU GET GOING** Read the whole recipe. You'll find the ingredient prep instructions displayed in the ingredient list, directly under the item they apply to.

**2. BOUNTIFUL BULGAR** Boil the kettle. Using a shallow bowl, submerge the bulgar wheat in 150ml of boiling water. Add a drizzle of oil, a pinch of salt, and half of the Cajun Rub to taste. Gently stir through with a fork, cover with a plate, and set aside to steam for 15-20 minutes. Once cooked, fluff up with the fork and cover with the plate to keep warm until serving.

**3. SMASHED AVO & SALAD** Halve the avocado and set aside the half containing the pip for another meal. Scoop the avocado flesh out of the remaining half and smash with a fork until smooth. Add a squeeze of lime juice, season to taste, and set aside for serving. Toss a drizzle of olive oil through the rinsed salad leaves and halved baby tomatoes. Season to taste and set aside for serving.

**4. SEAR THE SMOKY SIRLOIN** Pat the steak dry with some paper towel. Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, sear the steak fat-side down for 2-3 minutes until the fat is crispy. Then, cook each side for 2-4 minutes, or until cooked to your preference. (This timeframe will depend on the thickness of the steak.) During the final minute, baste the steak with the remaining Cajun Rub (to taste) and a knob of butter (optional). On completion, remove from the pan and place in a piece of tinfoil. Pour in the pan juices and close tightly. Set aside to rest for 5 minutes before thinly slicing. Lightly season the slices.

**5. STREET-STYLE CORN** Wipe away any burnt residue in the pan and return to a medium heat with another drizzle of oil if necessary. When hot, fry the grated garlic for a minute until fragrant. Add the corn and fry for 1-2 minutes until lightly charred, shifting occasionally. Stir in the coriander & chilli pesto, some seasoning, and a squeeze of lime juice to taste. Cook for a minute until warmed through and remove from the heat on completion.

**6. CAJUN FEAST** Make a bed of spiced bulgar and top with the smoky Cajun steak slices. Serve the fresh salad and street-style corn on the side with a generous dollop of smashed avo. Well done, Chef!



## Chef's Tip

Bulgar wheat is a great whole grain cereal that's high in protein and fiber, for good energy levels and a healthy digestive system. Use it instead of rice; as a base for salads, veggie burgers, and pilafs; or even make a bulgar porridge!

## Nutritional Information

Per 100g

Energy	672kJ
Energy	161Kcal
Protein	8.8g
Carbs	15g
of which sugars	1.2g
Fibre	3.4g
Fat	5.3g
of which saturated	1g
Sodium	123mg

## Allergens

Gluten, Allium, Wheat, Tree Nuts

Cook  
within  
4 Days