



U COOK

— 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.

Hands-On Time: 30 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Alex Levett

 **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 & halved</i>
160g	Free-Range Beef Sirloin
1	Garlic Clove <i>peeled & 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 bulgur 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 bulgur 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 bulgur 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