



UCOOK

Rustic Potato Mash & Beef Sirloin

with sweet harissa dressing & Danish-style feta


A side of rustic potato mash. A feta, sun-dried tomato, radish rounds, carrot ribbons & greens salad, tossed in a zesty, salty, aromatic harissa dressing. And butter-basted, NOMU Beef Rub spiced sirloin slices. Those are the ingredients for an unforgettable meal, Chef!


Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jade Summers

 Adventurous Foodie

 Vergelegen | Premium Cabernet Sauvignon / Merlot

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Ingredients & Prep

200g	Potato <i>rinsed, peeled (optional) & cut into bite-sized pieces</i>
20g	Green Leaves <i>rinsed & roughly shredded</i>
30g	Sun-dried Tomatoes <i>roughly chopped</i>
120g	Carrot <i>rinsed & peeled into ribbons</i>
30g	Danish-style Feta <i>drained & crumbled</i>
20g	Radish <i>rinsed & cut into thin rounds</i>
50ml	Harissa Dressing <i>(20ml Pesto Princess Harissa Paste, 10ml Low Sodium Soy Sauce, 10ml Honey & 10ml Lemon Juice)</i>
160g	Free-range Beef Sirloin
10ml	NOMU Beef Rub

From Your Kitchen

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

1. MAKE THE MASH Preheat the oven to 200°C. Spread the potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Place the roasted potato in a bowl with a knob of butter and a splash of water or milk (optional). Mash with a fork and cover.

2. HERE'S TO HARISSA In a salad bowl, combine the shredded leaves, the chopped sun-dried tomatoes, the carrot ribbons, ½ the crumbled feta, and the radish rounds. Toss through the harissa dressing, a drizzle of olive oil, and seasoning. Set aside.

3. BUTTER-BASTED 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 the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. LUNCH OR DINNER? YOU DECIDE! Serve up the rustic mash and side with the sirloin slices. Pile up the loaded salad and drizzle with any remaining dressing from the salad bowl. Scatter it all with the remaining feta and dig in!



Chef's Tip

Air fryer method: Coat the potato pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	538kj
Energy	129kcal
Protein	8g
Carbs	12g
of which sugars	4.5g
Fibre	2.3g
Fat	4g
of which saturated	1.4g
Sodium	241mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Soy

Cook
within
4 Days