

# QCOOK

## Apple & Beef Sirloin Salad

with fresh greens & roasted carrots

**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Jade Summers

**Wine Pairing:** Zevenwacht | Estate Merlot

Nutritional Info	Per 100g	Per Portion
Energy	447kJ	2942kJ
Energy	107kcal	704kcal
Protein	6.7g	44.3g
Carbs	8g	52g
of which sugars	4.9g	32.5g
Fibre	1.9g	12.2g
Fat	3.6g	23.8g
of which saturated	1.3g	8.5g
Sodium	71mg	467mg

**Allergens:** Sulphites, Tree Nuts, Cow's Milk

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
720g	960g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces on the diagonal</i>
30g	40g	Pecan Nuts
480g	640g	Free-range Beef Sirloin
8g	10g	Fresh Rosemary <i>rinse</i>
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
2	2	Apples <i>rinse, peel, core &amp; thinly slice</i> <i>1½ [2]</i>
30ml	40ml	Balsamic Vinegar
90g	120g	Danish-style Feta <i>drain</i>

## From Your Kitchen

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

**1. GOLDEN CARROT** Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. I PE-CAN** Place the pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. ROSEMARY BUTTER 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 rosemary. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**4. DELISH DINNER = DONE** Make a bed of the salad leaves, top with the carrots, and the apples. Drizzle everything with the balsamic vinegar, crumble over the feta cheese, and garnish with the nuts. Side with the rosemary-seared beef.