



U C O O K

— COOKING MADE EASY

Summertime Sirloin

with Peri-Peri sweet potato wedges,
homemade basil pesto & a side salad

Tender beef steak and roast sweet potato means guaranteed dinner bliss. Spruce it up with Peri-Peri spice, freshly made pesto, and a crunchy radish, cucumber, pumpkin seed, and feta salad. Refreshing, lively summer flavour!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Klaudia Weixelbaumer

 **Health Nut**

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into wedges</i>
7.5ml	NOMU Peri-Peri Rub
5g	Fresh Basil <i>rinsed & finely chopped</i>
1	Lemon <i>one half zested & cut into wedges</i>
1	Garlic Clove <i>peeled & grated</i>
20g	Radish <i>rinsed & thinly sliced</i>
50g	Cucumber <i>sliced into thin half-moons</i>
15ml	White Wine Vinegar
10g	Pumpkin Seeds
160g	Free-Range Beef Sirloin
20g	Salad Leaves <i>rinsed</i>
40g	Danish-Style Feta <i>drained</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Sugar/Sweetener/Honey
Butter
Paper Towel

1. PERI-PERI POTATO WEDGES Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray. Coat in oil, three-quarters of the Peri-Peri Rub (to taste), and some seasoning. Roast in the hot oven for 30-35 minutes until cooked through and starting to crisp, shifting halfway.

2. THE BASIL PESTO & THE PICKLE In a bowl, combine the chopped basil with 2 tbsp of olive oil and the juice of 1 lemon wedge. Mix in the lemon zest and grated garlic to taste. Season to taste and set aside for serving. Place the sliced radish and cucumber half-moons in a salad bowl. Add the white wine vinegar, 1 tsp of a sweetener of choice, and some seasoning. Toss to coat and set aside to pickle until serving.

3. POP THOSE PUMPKIN SEEDS Place a nonstick pan over a medium heat. When hot, toast the pumpkin seeds for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool.

4. SMOKY SIRLOIN STEAK When the wedges have 10 minutes remaining, return the pan to a medium-high heat with a drizzle of oil. Pat the steak dry with some paper towel. When the pan is hot, sear the steak fat-side down, for 3-5 minutes until crispy. Then, fry each side for 2-4 minutes, or until cooked to your preference. (The time this takes will depend on the thickness of the steak.) During the final 1-2 minutes, baste the steak with a knob of butter and the remaining Peri-Peri Rub. Remove from the pan on completion and set aside to rest for 5 minutes before slicing. Lightly season the slices.

5. TOSS THE CRISP SIDE SALAD Drain the pickling liquid from the bowl of cucumber and radish, reserving it to dress the salad if you'd like. Add in the rinsed salad leaves and toasted pumpkin seeds. Crumble over the drained feta and toss together with a drizzle of olive oil.

6. REFRESHING & NOURISHING Dish up the crispy Peri-Peri wedges alongside the juicy sirloin slices. Liberally drizzle the basil pesto over the sirloin. Serve the tangy garden salad on the side and garnish with a remaining lemon wedge. Tuck in, Chef!



Chef's Tip

Pumpkin seeds contain omega-3 and omega-6 fatty acids, antioxidants, fiber, and protein. Their versatility makes them a great addition to your diet – from breakfasts to dinners!

Nutritional Information

Per 100g

Energy	511kJ
Energy	122Kcal
Protein	8.1g
Carbs	9g
of which sugars	3.1g
Fibre	1.5g
Fat	3.6g
of which saturated	1.7g
Sodium	176mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days