



# UCOOK

## Chimichurri Beef & Baby Potatoes

with charred corn, Danish-style feta & toasted sunflower seeds

Sometimes it's all about the simple things, Chef! Perfectly juicy beef rump strips are splashed with a vibrant chimichurri drizzle. This classic combo is sided with crispy baby potatoes and a fresh charred corn & creamy feta salad. Simply delicious!

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Rhea Hsu

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 Quick & Easy

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 Delheim Wines | Delheim Shiraz/Cabernet Sauvignon

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## Ingredients & Prep

200g	Baby Potatoes <i>rinsed &amp; halved</i>
20g	Salad Leaves
20g	Danish-style Feta
50g	Cucumber
30ml	Pesto Princess Chimichurri Sauce
10g	Sunflower Seeds
50g	Corn
160g	Free-range Beef Rump
10ml	Red Wine Vinegar

## From Your Kitchen

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

**1. ROASTED BABY POTATOES** Preheat the oven to 220°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

**2. PREP STEP** Rinse and roughly shred the salad leaves. Drain the feta. Cut the cucumber into half-moons. In a small bowl, loosen the chimichurri sauce with a splash of water. Set aside.

**3. SUNNY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until browned, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. CHARRED CORN** Return the pan to high heat with a drizzle of oil. When hot, add the corn and fry until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**5. SEARED RUMP** Return the pan to 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**6. ZESTY & FRESH** In a salad bowl, combine the vinegar, a drizzle of olive oil, a sweetener, and seasoning. Toss through the shredded salad leaves, the cucumber half-moons, the charred corn, ½ the feta, and ½ the toasted sunflower seeds.

**7. DIG IN** Plate up the steak slices and spoon over some of the chimichurri sauce. Side with the crispy baby potatoes and the dressed salad. Top the salad with the remaining feta and sunflower seeds. Serve any remaining chimichurri sauce on the side for dunking. Go for it, Chef!

## Chef's Tip

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

## Nutritional Information

Per 100g

Energy	586kJ
Energy	145kcal
Protein	8.5g
Carbs	9g
of which sugars	1.8g
Fibre	1.1g
Fat	5.4g
of which saturated	1.5g
Sodium	131mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within  
4 Days