



UCCOOK

Beef Rump & Cheesy Garlic Bread

with a fresh side salad

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Muratie Wine Estate | Muratie Martin Melch Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	849kj	4394kj
Energy	203kcal	1051kcal
Protein	12.7g	65.7g
Carbs	19g	101g
of which sugars	3.9g	20.4g
Fibre	1.3g	6.5g
Fat	7g	36.1g
of which saturated	2.6g	13.6g
Sodium	290mg	1498mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
7.5ml	15ml	Cake Flour
75ml	150ml	Low Fat UHT Milk
40g	80g	Cheddar Cheese <i>grate</i>
1	2	Garlic Clove/s <i>peel & grate</i>
1	2	Sourdough Baguette/s
40g	80g	Corn
160g	320g	Beef Rump
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Sun-dried Tomatoes <i>drain & chop</i>
15ml	30ml	Honey Mustard Dressing
5ml	10ml	NOMU BBQ Rub

From Your Kitchen

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

1. CHEESE & GARLIC SAUCE Preheat the oven to 200°C. Place a pot over medium heat with 10g [20g] of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, add the cheese and garlic (to taste), and stir until melted. Season and remove from the heat. Add a splash of water or milk (optional) if the sauce is too thick.

2. BEST BAGUETTE EVER Cut 4-5 incisions along the top of the baguette/s - don't cut all the way through! Fill each incision with ½ the cheesy garlic mixture. Place the baguette/s on a roasting tray and into the oven. Place an oven-proof dish with water onto the oven floor. Bake until light brown and crispy, 10-12 minutes. Top up with the remaining cheese sauce (to taste) before serving.

3. CHAR THE CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. FOR FRESHNESS In a salad bowl, combine the green leaves with the sun-dried tomatoes and corn. Drizzle over the honey-mustard dressing and season. Toss and set aside.

5. OM NOM NOMU STEAK 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 and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

6. SAVOUR EVERY BITE Plate up the cheesy garlic bread and serve the juicy beef slices. Side with the fresh salad.