



UCOOK

Creamy Potato Salad & Beef Rump

with bell pepper & toasted almonds

A lovely side dish to enjoy with a braai, on a picnic, or at the dinner table - this UCOOK creamy potato salad is a must-have in your recipe folder. Dotted with bell peppers and encased with roasted garlic mayo, these oven roasted baby potatoes reach their full culinary potential in this dish. Enjoy with juicy beef rump and a simple, nutty salad.


Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Pamela Pfunda

 Fan Faves

 Neil Ellis Wines | Neil Ellis Stellenbosch
Cabernet Sauvignon 2020

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

Ingredients & Prep

1kg	Baby Potato <i>rinse & cut in half</i>
20g	Almonds <i>roughly chop</i>
640g	Free-range Beef Rump
20ml	NOMU Beef Rub
2	Bell Peppers <i>rinse, deseed & finely dice</i>
4 units	Roasted Garlic Mayo
80g	Green Leaves <i>rinse</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. TOAST Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. STEAK When potatoes have 10-15 minutes to go, 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.

4. POTATO SALAD To a salad bowl, add the roasted potatoes, the diced peppers, and the mayo. Mix to combine and season. In a separate bowl, combine the rinsed green leaves, the toasted nuts, a drizzle of olive oil, and seasoning.

5. IT'S ABOUT TIME Plate up the creamy warm potato salad. Side with the steak slices and the green leaves. Well done, 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	616kJ
Energy	147kcal
Protein	6.6g
Carbs	8g
of which sugars	1.6g
Fibre	1.6g
Fat	7.9g
of which saturated	1.6g
Sodium	103mg

Allergens

Egg, Allium, Sulphites, Tree Nuts, Cow's Milk

Cook
within
4 Days