



# UCCOOK

## Seared Beef Rump & Potato Bake

with a fresh salad & sunflower seeds

Get ready to dig your spoon into creamy layers of potato bake, made from onions, potato, homemade bechamél sauce and a golden-baked cheese topping. Joining this flavour party is seared beef rump and a refreshing salad made with toasted sunflower seeds, plump peas, & green leaves. Hip-hip, hooray for a delicious dinner!

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**Hands-on Time:** 20 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People


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**Chef:** Thea Richter

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 Fan Faves

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 Paserene | The Shiner Red Blend

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## Ingredients & Prep

2	Garlic Cloves <i>peeled &amp; grated</i>
20ml	Cake Flour
200ml	Low Fat Fresh Milk
400g	Potato <i>rinsed &amp; sliced into thin rounds (use a mandolin if you have one)</i>
1	Onion <i>peeled &amp; finely sliced</i>
80g	Grated Cheddar Cheese
40g	Salad Leaves
20g	Sunflower Seeds
80g	Peas
320g	Free-range Beef Rump

## From Your Kitchen

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

**1. BEGIN WITH THE BECHAMÉL** Preheat the oven to 200°C. Place a pot over medium heat with a drizzle of oil. When hot, add the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Add 40g of butter and the flour. Fry until starting to brown, 1-2 minutes (shifting constantly). Remove from the heat and gradually stir in the milk, making sure there are no lumps. Season.

**2. BAKE THE POTATO BAKE** Lightly grease a small baking dish. Add the sliced potato & onion. Pour over the bechamél. Mix until combined and flatten into a flat layer. Cover the baking dish in tinfoil and bake until cooked through, 35-40 minutes. In the final 5-7 minutes, remove the tinfoil and sprinkle over the grated cheese. Bake for the remaining time until golden.

**3. SUNNY SEEDS & SALAD** Boil the kettle. Rinse and roughly shred the salad leaves. Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**4. BRING IT TOGETHER** Submerge the peas in boiling water until plump, 2-3 minutes. Drain and place in a bowl. Just before serving, add the shredded salad leaves, the toasted seeds, a drizzle of olive oil, and seasoning to the bowl. Toss until combined.

**5. SEAR THE STEAK** When the potato bake has 10 minutes remaining, return the pan to a 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. TIME TO DINE!** Plate up the steak slices. Serve with the cheese potato bake and the fresh salad. Time to dine, Chef!

## Nutritional Information

Per 100g

Energy	546kJ
Energy	131kcal
Protein	8.9g
Carbs	9g
of which sugars	2.2g
Fibre	1.5g
Fat	4.8g
of which saturated	2g
Sodium	51mg

## Allergens

Gluten, Dairy, Allium, Wheat

Cook  
within  
4 Days