

# UCOOK

## Indian Steak Dinner

with **Bombay potatoes, sambal & raita**

Spiced beef rump served with Bombay potatoes, coconut yoghurt raita, tomato, red onion and coriander sambal. All the flavours of a curry transformed into a marvellous steak dinner! What's not to like?

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**Hands-On Time:** 25 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Alex Levett

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♥ Health Nut

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🍷 Niel Joubert | Grüner Veltliner

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## Ingredients & Prep

600g	Baby Potatoes <i>rinsed &amp; halved</i>
150g	Cucumber <i>grated</i>
90ml	Coconut Yoghurt
3	Tomatoes <i>finely diced</i>
2	Red Onions <i>1½ peeled &amp; finely diced</i>
12g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>
480g	Free-range Beef Rump
30ml	NOMU Indian Rub

## From Your Kitchen

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

**1. BOIL THE TATOES** Place the halved baby potatoes in a pot of salted water over a high heat. Pop on a lid and bring to the boil. Once boiling, remove the lid and reduce the heat. Allow to simmer for 15-20 minutes until cooked through and soft. Remove from the heat on completion, drain, and set aside.

**2. RAITA & SAMBAL** Place the grated cucumber in a clean tea towel. Close up tightly and squeeze out as much liquid as possible. Place the drained cucumber in a bowl with the coconut yoghurt and seasoning. Mix until fully combined. In a separate bowl, combine the diced tomato, ½ the diced onion, ½ the chopped coriander, a drizzle of oil, and seasoning.

**3. IT'S MY PARTY AND I'LL FRY IF I WANT TO** When the potatoes have 10 minutes remaining, place a large pan over a medium-high heat with a drizzle of oil. Pat the steaks dry with paper towel. When the pan is hot, sear the steaks fat-side down, for 3-5 minutes until crispy. Then, fry for 2-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the steaks). During the final 1-2 minutes, add another drizzle of oil and baste with ½ the rub (to taste). On completion, place in a piece of tinfoil and pour in the pan juices. Close up tightly and set aside to rest for 5 minutes before thinly slicing, reserving the juices. Lightly season the slices.

**4. BOMBAY POTATOES** Return the pan to a medium heat with a drizzle of oil. When hot, fry the remaining diced onion for 4-5 minutes until soft, shifting occasionally. In the final minute, add the remaining rub (to taste) and fry until fragrant, shifting constantly. Add the boiled potatoes and toss for 2-3 minutes until fully coated with the spiced onion and heated through.

**5. PLATE IT UP!** Plate up the steak slices and pour over any reserved pan juices. Serve alongside the bombay potatoes and the tomato sambal. Dollop over the cucumber raita and garnish with the remaining coriander. Delicious!



## Chef's Tip

If you want a foolproof method for dicing tomatoes; simply cut it into rounds. Cut the rounds into thin strips, then cut the strips into small cubes. Look at you, Chef!

## Nutritional Information

Per 100g

Energy	374kJ
Energy	89Kcal
Protein	6.1g
Carbs	7g
of which sugars	2.2g
Fibre	1.1g
Fat	1.8g
of which saturated	0.7g
Sodium	84mg

## Allergens

Allium, Sulphites

Cook  
within  
4 Days