



# UCOOK

## Emmental Sauce & Beef Rump

**with potato wedges & a side salad**

A delicious weeknight dinner the whole family will love! NOMU-spiced, oven-roasted potato wedges are accompanied by scrumptious butter-basted beef rump slices drizzled with a silky Emmental cheese sauce. Sided with a fresh green leaf & toasted sunflower seed salad.

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Fan Faves

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Bertha Wines | Bertha Shiraz 2021

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## Ingredients & Prep

|       |                                              |
|-------|----------------------------------------------|
| 200g  | Potato<br><i>rinse &amp; cut into wedges</i> |
| 5ml   | NOMU Italian Rub                             |
| 10g   | Sunflower Seeds                              |
| 160g  | Free-range Beef Rump                         |
| 20g   | Emmental Cheese                              |
| 10ml  | Cake Flour                                   |
| 100ml | Low Fat UHT Milk                             |
| 20g   | Green Leaves                                 |
| 10ml  | Balsamic Vinegar                             |

## From Your Kitchen

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

**1. ROAST WEDGES** Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

**2. SUNNY SEEDS** 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.

**3. SEAR THE STEAK** When the roast has 10-15 minutes remaining, 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.

**4. CHEESE SAUCE** Grate the cheese. Place a small pot over medium heat with 10g 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 grated cheese and stir until melted. Season and remove from the heat. Add a splash of water or milk (optional) if the sauce is too thick.

**5. FRESH LEAVES** Rinse the green leaves. In a bowl, combine the rinsed green leaves, the toasted sunflower seeds, the vinegar, a drizzle of olive oil, and seasoning.

**6. DINNER IS SERVED** Plate up the roasted wedges and the steak slices. Drizzle the cheese sauce over the steak. Side with the fresh salad. Well done, Chef!



## Chef's Tip

Air fryer method: Coat the potato wedges in oil, the NOMU rub, and seasoning. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 577kJ   |
| Energy             | 138kcal |
| Protein            | 10g     |
| Carbs              | 9g      |
| of which sugars    | 1.7g    |
| Fibre              | 1.2g    |
| Fat                | 4.9g    |
| of which saturated | 1.9g    |
| Sodium             | 54mg    |

## Allergens

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

Eat  
Within  
4 Days