



# UCOOK

## Beef Rump & Salsa Verde

**with roasted sweet potatoes & a chunky tomato salad**

How does a beautiful, bright green sauce made from fresh herbs spooned over a juicy, seared steak sound, Chef? You will be making this versatile, homemade salsa verde today, which will feature our unique UCOOK twist of briny capers. Served with oven-roasted sweet potato and a tangy tomato & cucumber salad.

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**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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Fan Faves

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Zevenwacht | Zeven Rosé

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## Ingredients & Prep

1kg	Sweet Potato <i>rinse &amp; cut into thick rounds</i>
40g	Hazelnuts <i>roughly chop</i>
20g	Mixed Herbs <i>(10g Fresh Mint &amp; 10g Fresh Parsley)</i>
2	Garlic Cloves <i>peel &amp; grate</i>
40g	Capers <i>drain &amp; finely chop</i>
60ml	Red Wine Vinegar
640g	Beef Rump
2	Tomatoes <i>rinse &amp; cut into bite-sized chunks</i>
400g	Cucumber <i>rinse &amp; cut into half-moons</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Blender (optional)  
Paper Towel  
Butter  
Sugar/Sweetener/Honey

**1. ROAST** Preheat the oven to 200°C. Spread the sweet potato rounds on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway.)

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

**3. SALSA VERDE** Rinse and finely chop the mixed herbs. Return the pan to medium heat with a drizzle of oil. When hot, fry the grated garlic until fragrant, 30-60 seconds. Remove from the pan. In a bowl, combine the chopped herbs, the chopped capers, the garlic, the vinegar (to taste), 125ml of olive oil, a sweetener (to taste), and seasoning. Alternatively: Add the ingredients into a blender and pulse until smooth.

**4. 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**5. JUST BEFORE SERVING** In a bowl, toss together the tomatoes, the cucumber, the toasted nuts, a drizzle of olive oil, and season.

**6. DINNER IS READY** Dish up the sweet potato, side with the steak slices, and the tomato & cucumber salad. Finish with dollops of salsa verde. Dig in, Chef!



## Chef's Tip

If the salsa verde is too tangy, balance it with a bit of sweetener.

## Nutritional Information

Per 100g

Energy	375kJ
Energy	90kcal
Protein	6.3g
Carbs	8g
of which sugars	3g
Fibre	1.3g
Fat	2.6g
of which saturated	0.6g
Sodium	71mg

## Allergens

Cow's Milk, Allium, Sulphites, Tree Nuts

Eat  
Within  
4 Days