



UCOOK

Hearty Beef & Herby Roast Butternut

with a luxurious red wine sauce & a vibrant side salad

Here's a lean twist on the classic dinner duo of steak and red wine sauce. Seared beef rump strips, basted with spices, are served with sweet roasted butternut and a fresh green leaf and sunflower seed salad.


Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Samantha Finnegan

Carb Conscious

 Paardenkloof Wines | Paardenkloof "Die Fynboshuis" Cabernet Sauvignon

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Ingredients & Prep

750g	Butternut <i>trim, peel (optional) & cut into half-moons</i>
3	Garlic Cloves <i>peel & grate</i>
15ml	NOMU Roast Rub
30g	Sunflower Seeds
15ml	Beef Stock
15ml	Cornflour
2	Onions <i>peel & roughly slice 1½</i>
8g	Fresh Thyme <i>rinse & pick</i>
150ml	Red Wine
450g	Free-range Beef Rump Strips
60g	Green Leaves <i>rinse</i>

From Your Kitchen

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

1. OH, SWEET BUTTERNUT Preheat the oven to 200°C. Spread the butternut half-moons on a roasting tray and nestle in the whole, unpeeled garlic cloves. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until cooked through and golden, 30-35 minutes (flipping halfway).

2. SEEDS & SLURRY Boil the kettle. Place the sunflower seeds in a pan over medium heat. Toast until lightly browned, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Dilute the stock with 200ml of boiling water. Place the cornflour in a bowl and mix in 3 tbsp of the diluted stock until a runny paste – this is called a slurry!

3. CLASSIC RED WINE SAUCE When the butternut reaches the halfway mark, remove the roasted garlic from the oven and squeeze out the flesh, discarding the skin. Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until caramelised, 10-12 minutes. Add the garlic flesh and the picked thyme leaves, and fry until fragrant, about 30 seconds. Whisk in the diluted stock, the red wine, and the cornflour slurry until well combined. Lower the heat slightly and reduce until thick and silky, 5-6 minutes (stirring occasionally). Remove the pan from the heat, cover to keep warm, and set aside for serving.

4. PERFECT MEAT Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 30-60 seconds (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the remaining NOMU rub. Remove from the pan, reserving any pan juices, and season.

5. SPRUCE UP YOUR SALAD Toss the rinsed green leaves with the toasted sunflower seeds, a drizzle of olive oil, and seasoning.

6. SERVE IT UP! Plate the roasted butternut alongside the rump strips. Pour over the delectable red wine sauce and serve with the fresh salad on the side. Yum!



Chef's Tip

A slurry is a mixture of flour and water. Making a slurry before using your flour reduces the risk of it forming clumps when added to a sauce, soup, or stew. This way, it gets evenly dispersed with no fuss!

Nutritional Information

Per 100g

Energy	476kj
Energy	114kcal
Protein	7.2g
Carbs	8g
of which sugars	1.8g
Fibre	1.8g
Fat	2.9g
of which saturated	0.8g
Sodium	69mg

Allergens

Allium, Sulphites, Alcohol, Cow's Milk

Eat
Within
4 Days