



UCOOK

Steak & Mulled Wine Sauce

**with smashed baby potatoes & long-stem
broccoli**


Looks like Santa came early this year! With this recipe, you don't have to wait until Christmas to enjoy the warming, spicy notes of mulled wine. As a sauce, it is poured over a juicy rump steak and completed with a side of golden-baked thyme potatoes and roasted broccoli. Ho-ho-hope you enjoy, Chef!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Adventurous Foodie

 Creation Wines | Creation Pinot Noir 2021

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Ingredients & Prep

200g	Baby Potatoes <i>rinsed</i>
1	Onion <i>peeled & sliced into wedges</i>
100g	Long-stem Broccoli <i>rinsed</i>
5g	Flaked Almonds
50ml	Red Wine
5g	Spice Mix <i>(1 Star Anise, 1 Cinnamon Stick & 2 Cloves)</i>
5ml	Cornflour
10ml	Orange Juice
10ml	Maple Syrup
10ml	NOMU Beef Stock
3g	Fresh Thyme <i>rinsed & ½ picked</i>
160g	Free-range Beef Rump

From Your Kitchen

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

1. LET'S Preheat the oven to 200°C. Place the rinsed baby potatoes in a pot of salted water over a high heat and pop on a lid. Once boiling, reduce the heat. Simmer for 15-20 minutes until starting to soften. Drain on completion.

2. EAT Spread out the onion wedges on a roasting tray. Coat in oil and season. Roast for 25-30 minutes until cooked through. Place the rinsed broccoli in a bowl and toss with a drizzle of oil and seasoning. After the onion has been in for 10 minutes, scatter over the dressed broccoli and roast for the remaining time. When there are 5 minutes remaining, scatter over the flaked almonds.

3. TOGETHER Boil the kettle. Place the wine and spice mix in a saucepan over a medium heat. Simmer for 1-2 minutes until reduced by half. In a small bowl, add 5ml of cold water and the cornflour. Mix until there are no lumps. Add the orange juice, maple syrup, beef stock, cornflour slurry and 50ml boiling water to the spiced wine, reducing for 1-2 minutes until thickened. Cover and set aside to allow the whole spices to infuse.

4. AND Place the parboiled potatoes on a separate, lightly greased roasting tray and spread out in a single layer. Using a fork or masher, gently press down, splitting the skin, but keeping them in one piece. Drizzle over some oil, scatter over the picked thyme, and season. Roast in the oven for 15-20 minutes until crispy and golden.

5. BE Place a pan over a medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When the pan is hot, sear the steak 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 steak.) During the final 1-2 minutes, baste with a knob of butter (optional) and the remaining thyme sprigs. Remove from the pan and allow to rest for 5 minutes before slicing and lightly seasoning.

6. MERRY Return the pot of mulled wine sauce to a medium heat. Bring it up to a simmer for 1-2 minutes or until heated through. Loosen with a splash of water if it is too thick. Remove the whole spices and discard. Season to taste.

7. TONIGHT! Plate up the steak slices and drizzle over the mulled wine sauce. Side with the smashed baby potatoes and the roasted veggies.

Nutritional Information

Per 100g

Energy	482kj
Energy	115kcal
Protein	7.1g
Carbs	11g
of which sugars	3.2g
Fibre	1.9g
Fat	2.2g
of which saturated	0.6g
Sodium	138mg

Allergens

Allium, Sulphites, Tree Nuts, Alcohol

Cook
within
4 Days