

# UCOOK

## Rump Steak & Horseradish Sauce

with roasted butternut & beetroot

Butternut and beetroot are dressed in thyme and oven roasted to golden perfection. Plated with fresh baby spinach, rocket and tender beef rump slices, and finished off with a creamy horseradish drizzle. Simply stunning!

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**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Hellen Mwanza

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 Carb Conscious

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 Paserene | The Shiner Red Blend

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## Ingredients & Prep

|       |                                                                                        |
|-------|----------------------------------------------------------------------------------------|
| 450g  | Beetroot<br><i>rinsed, trimmed, peeled (optional) &amp; cut into bite-sized pieces</i> |
| 750g  | Butternut<br><i>de-seeded, peeled (optional) &amp; cut into bite-sized pieces</i>      |
| 30ml  | Dried Thyme                                                                            |
| 480g  | Free-range Beef Rump                                                                   |
| 150ml | Creamy Horseradish<br><i>(60ml Horseradish Sauce &amp; 90ml Crème Fraîche)</i>         |
| 60g   | Green Leaves<br><i>rinsed</i>                                                          |

## From Your Kitchen

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

**1. ROAST VEG** Preheat the oven to 200°C. Spread the butternut and the beetroot pieces on a roasting tray. Coat in oil, the dried thyme, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. FRY THE STEAK** When the roast has 8-10 minutes remaining, place a pan over 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.

**3. JUST BEFORE SERVING** In a small bowl, loosen the creamy horseradish with water in 5ml increments until drizzling consistency, and season.

**4. DINNER IS READY** Plate up the rinsed green leaves and the roast veg, and side with the steak slices. Drizzle the creamy horseradish over it all to finish. Delish, Chef!



## Chef's Tip

Air fryer method: Coat the butternut and the beetroot pieces in oil, the dried thyme and seasoning. Air fry at 200°C until crispy, 25-35 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 468kJ   |
| Energy             | 112kcal |
| Protein            | 6.9g    |
| Carbs              | 7g      |
| of which sugars    | 1.6g    |
| Fibre              | 1.8g    |
| Fat                | 4.1g    |
| of which saturated | 2g      |
| Sodium             | 64mg    |

## Allergens

Dairy, Sulphites

Cook  
within  
4 Days