



U C O O K

— COOKING MADE EASY

EXQUISITE BEEF RUMP

with an Italian cheese crust & roast sweet potato

Everything you love about a classic steak supper, plus a fine-dining twist: free-range beef coated in cheese and butter, garden salad with a Dijon dressing, and roast sweet potato, onion, and garlic.

Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney

 **Easy Peasy**

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Ingredients & Prep

160g	Free-Range Beef Rump
50g	Cucumber sliced into half-moons
250g	Sweet Potato rinsed & cut into bite-size pieces
1	Garlic Clove
15g	Italian Hard Cheese grated
60g	Peas
5ml	NOMU Italian Rub
1	Onion peeled & cut into wedges
27.5ml	Dijon Vinaigrette (5ml dijon mustard, 15ml red wine vinegar & 7.5ml honey)
40g	Summer Salad Leaves

From Your Kitchen

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

1. BEFORE YOU GET GOING Read through the whole recipe. Remember, the prep instructions are now displayed in the ingredient list, directly under the item they apply to. So, you have the option to do all your prep at once before you start cooking, or bit by bit as you go through the recipe!

2. WARM ROAST Preheat the oven to 200°C. Place 30g of butter in a bowl and set aside to bring to room temperature. Place the onion wedges and sweet potato pieces on a roasting tray with the whole, unpeeled garlic clove. Coat in oil, half of the Italian Rub, and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and starting to crisp, shifting halfway.

3. CHEESY BUTTER & PEAS Boil the kettle. Once the butter has softened, add in the grated Italian hard cheese and the remaining Italian Rub. Mix well to combine and set aside. Submerge the peas in boiling water for 3-4 minutes. Drain on completion.

4. FRY THE STEAK When the roast has 10 minutes to go, place a nonstick pan over a medium-high heat with a drizzle of oil. Pat the steak dry with some paper towel. When the pan is hot, sear the steak fat-side down for 2-4 minutes until the fat is crispy. Then, fry each side for 2-4 minutes or until cooked to your preference. (The time this takes will depend on the thickness of the steak.) Remove the veg tray from the oven, make space for the steak, and add it to the tray. Smear the cheesy butter on top of the steak and return the tray to the oven for 2-3 minutes until the cheese has melted. Remove the steak from the tray on completion, reserving any tray juices. Set aside to rest for 5 minutes before slicing.

5. SALADY BITS While the steak is resting, place the rinsed green leaves, peas, and cucumber half-moons in a salad bowl. Toss with the Dijon Vinaigrette to taste. Remove the garlic skin and discard it.

6. BELLISSIMO! Time to chow down! Serve the roast sweet potato, onion, and smooshy garlic alongside the cheese-crust rump slices. If you like, pour the reserved tray juices over the steak and veg for extra decadence! Finally, dish up the green garden salad for some freshness. Enjoy, Chef!

Nutritional Information

Per 100g

Energy (kj)	438kj
Energy (kcal)	105kcal
Protein	6g
Carbs	10g
of which sugars	4g
Fibre	1g
Fat	2g
of which saturated	0g
Salt	0g

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days