



UCOOK

Steak & Garlic-chilli Burnt Butter Roll

with potato fries & mayo

Learn how to make your own garlic-chilli butter in a few simple steps, Chef! This lip-smacking liquid will be drizzled on a toasted ciabatta bun, which will be stacked with juicy slices of rump steak, fresh greens, slices of tangy tomato & onion, plus creamy mayo. Sided with oven-roasted potato fries.


Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kirsty Storar

Fan Faves

 Paardenkloof Wines | Paardenkloof "Die Fynboshuis" Cabernet Sauvignon

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Ingredients & Prep

200g	Potato <i>peel (optional) & cut into 1cm thick chips</i>
1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
1	Garlic Clove <i>peel & grate</i>
160g	Free-range Beef Rump
1	Onion <i>peel & roughly slice ½</i>
1	Ciabatta <i>cut in half</i>
50ml	Mayo
20g	Green Leaves <i>rinsed</i>
1	Tomato <i>rinse & slice into rounds</i>

From Your Kitchen

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

1. OVEN FRIES Preheat the oven to 200°C. Spread the potato fries on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. CHILLI BURNT BUTTER Place a pan over medium heat with the sliced chilli (to taste) and the grated garlic. Add 20g of butter and a drizzle of oil. Fry until fragrant and the butter is melted and foaming, 2-3 minutes. Remove from the pan and set aside. Just before serving, drain the garlic and the chilli slices.

3. FRY THE 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.

4. ONIONS Return the pan to medium heat with a drizzle of oil, if necessary. Fry the sliced onion until slightly soft, 3-4 minutes. Remove from the heat.

5. TOAST THE BUN Halve the bun, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the bun, cut-side down, until golden, 1-2 minutes.

6. TIME TO EAT Smear the bottom bun with ½ the mayo, top with the rinsed green leaves, the sliced tomato, the sliced steak and the onions, drizzle over the garlic-chilli burnt butter, and close up. Serve alongside the potato fries and the remaining mayo for dunking. Well done, Chef!



Chef's Tip

Air fryer method: Coat the potato fries in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	676kJ
Energy	162kcal
Protein	7.6g
Carbs	16g
of which sugars	2.3g
Fibre	2g
Fat	6.3g
of which saturated	0.9g
Sodium	118mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy, Cow's Milk

Eat
Within
4 Days