

UCOOK

Indian Steak Dinner

with **Bombay potatoes, sambal & raita**

Spiced beef rump served with Bombay potatoes, coconut yoghurt raita, tomato, red onion and coriander sambal. All the flavours of a curry transformed into a marvellous steak dinner! What's not to like?

Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett

♥ Health Nut

🍷 Niel Joubert | Grüner Veltliner

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Ingredients & Prep

200g	Baby Potatoes <i>rinsed & halved</i>
50g	Cucumber <i>grated</i>
30ml	Coconut Yoghurt
1	Tomato <i>finely diced</i>
1	Red Onion <i>½ peeled & finely diced</i>
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
160g	Free-range Beef Rump
10ml	NOMU Indian Rub

From Your Kitchen

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

1. BOIL THE TATOES Place the halved baby potatoes in a pot of salted water over a high heat. Pop on a lid and bring to the boil. Once boiling, remove the lid and reduce the heat. Allow to simmer for 15-20 minutes until cooked through and soft. Remove from the heat on completion, drain, and set aside.

2. RAITA & SAMBAL Place the grated cucumber in a clean tea towel. Close up tightly and squeeze out as much liquid as possible. Place the drained cucumber in a bowl with the coconut yoghurt and seasoning. Mix until fully combined. In a separate bowl, combine the diced tomato, ½ the diced onion, ½ the chopped coriander, a drizzle of oil, and seasoning.

3. IT'S MY PARTY AND I'LL FRY IF I WANT TO When the potatoes have 10 minutes remaining, 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, add another drizzle of oil and baste with ½ the rub (to taste). On completion, place in a piece of tinfoil and pour in the pan juices. Close up tightly and set aside to rest for 5 minutes before thinly slicing, reserving the juices. Lightly season the slices.

4. BOMBAY POTATOES Return the pan to a medium heat with a drizzle of oil. When hot, fry the remaining diced onion for 2-3 minutes until soft, shifting occasionally. In the final minute, add the remaining rub (to taste) and fry until fragrant, shifting constantly. Add the boiled potatoes and toss for 1-2 minutes until fully coated with the spiced onion and heated through.

5. PLATE IT UP! Plate up the steak slices and pour over any reserved pan juices. Serve alongside the bombay potatoes and the tomato sambal. Dollop over the cucumber raita and garnish with the remaining coriander. Delicious!



Chef's Tip

If you want a foolproof method for dicing tomatoes; simply cut it into rounds. Cut the rounds into thin strips, then cut the strips into small cubes. Look at you, Chef!

Nutritional Information

Per 100g

Energy	374kJ
Energy	89Kcal
Protein	6.1g
Carbs	7g
of which sugars	2.2g
Fibre	1.1g
Fat	1.8g
of which saturated	0.7g
Sodium	84mg

Allergens

Allium, Sulphites

Cook
within
4 Days