UCOOK

Mushroom Sauce & Beef Rump

with roasted cabbage

Hands-on Time: 25 minutes

Overall Time: 40 minutes

*New Calorie Conscious: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	449kJ	2062kJ
Energy	107kcal	493kcal
Protein	8.9g	41g
Carbs	6g	28g
of which sugars	2g	9g
Fibre	1g	6g
Fat	2.6g	12g
of which saturated	0.9g	4.1g
Sodium	75.7mg	347.9mg

Allergens: Cow's Milk, Allium, Sulphites

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Cabbage
		rinse & cut into big chunks
100g	200g	Baby Potatoes
		rinse & cut in half
160g	320g	Beef Rump
30ml	60ml	Low Fat UHT Milk
2,5ml	5ml	Cornflour
65g	125g	Button Mushrooms
		wipe clean & roughly slice
5ml	10ml	NOMU Italian Rub
3g	5g	Fresh Thyme
		rinse

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. ROAST Preheat the oven to 200℃. Lightly coat the cabbage in oil, add seasoning, and set aside. Spread the baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 20-25 minutes (shifting halfway). At the halfway mark, scatter over the cabbage and roast for the remaining time. Alternatively, air fry at 200℃ until crispy, 15-20 minutes (shifting halfway).

2. RUMP 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). Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. MUSHROOM SAUCE Combine the milk and the corn flour. Return the pan over medium-high heat with all the pan juices. Fry the mushrooms until golden, 4-5 minutes. Mix in the NOMU rub and the thyme. Fry until fragrant, 30-60 seconds. Mix in the milk mixture and a splash of water. Simmer until thickening, 1-2 minutes. Remove from the heat, discard the thyme sprigs, and season.

4. DINNER IS READY Dish up the roast, side with the steak slices, and add the mushroom sauce over the steak. Cheers, Chef!