



UCCOOK

Beef Rump & Hollandaise Sauce

with sweet potato wedges

You've tried this lipsmacking liquid on eggs benedict for breakfast. What about poured over butter-basted steak slices for dinner, Chef? An added bonus is this miso-infused Hollandaise sauce is much easier to make than the classic recipe. Served with sweet potato wedges and a simple green salad.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Hellen Mwanza

Fan Faves

Painted Wolf Wines | The Den Pinotage 2022

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Ingredients & Prep

750g	Sweet Potato <i>rinse & cut into wedges</i>
15g	Walnuts <i>roughly chop</i>
60g	Green Leaves <i>rinse</i>
150g	Cucumber <i>rinse & cut into half-moons</i>
480g	Free-range Beef Rump
75ml	Crème Fraîche
15ml	Dijon Mustard
30ml	Miso Paste

From Your Kitchen

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

1. START WITH SWEET POTATOES Preheat the oven to 200°C. Spread the sweet potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

2. WALNUT SALAD Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove and add to a bowl with the rocket, the cucumber, a drizzle of olive oil, and seasoning.

3. SEARED 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. HEAVENLY HOLLANDAISE Return the pan to low heat. Add the crème fraîche, the mustard, the miso paste (to taste), and 80ml of warm water. Leave to simmer until slightly reduced, 2-3 minutes (stirring occasionally). Remove from the heat and whisk in 45g of butter. If the sauce is too thick for your liking, loosen with a splash of warm water. Season, cover, and set aside.

5. BEST BRINNER EVER! Plate up the sliced meat, and spoon over the hollandaise sauce. Serve with the green salad, and the wedges on the side.



Chef's Tip

Air fryer method: Coat the sweet potato wedges in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	552kJ
Energy	132kcal
Protein	8g
Carbs	9g
of which sugars	3.4g
Fibre	1.4g
Fat	4.6g
of which saturated	1.8g
Sodium	138mg

Allergens

Gluten, Wheat, Sulphites, Tree Nuts,
Soy, Cow's Milk

Eat
Within
4 Days