



UCOOK

Creamy Garlic Sauce & Beef Rump

with crispy wedges & a simple side salad

Sometimes, a recipe's secret is all in the sauce. We teach you how to make a beautifully creamy garlic sauce, layered with notes of thyme & garlic. This luscious liquid is poured over juicy beef slices, which are complemented with oven roasted potato wedges and a toasted walnut, greens & cucumber salad.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jade Summers

Fan Faves

Stettyn Wines | Stettyn Family Range Merlot

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Ingredients & Prep

200g	Potato <i>rinse & cut into wedges</i>
10g	Walnuts <i>roughly chop</i>
160g	Beef Rump
1	Garlic Clove <i>peel & grate</i>
3g	Fresh Thyme <i>rinse, pick & finely chop</i>
50ml	Creamy Sauce <i>(10ml Dijon Mustard & 40ml Sour Cream)</i>
20g	Green Leaves <i>rinse & roughly shred</i>
50g	Cucumber <i>rinse & cut into thin rounds</i>

From Your Kitchen

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

1. A RECIPE FOR SUCCESS Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. GRAB THE WALNUTS Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. SENSATIONAL 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. DO SOME DEGLAZING Place a small pan over medium heat with a drizzle of oil. When hot, fry the grated garlic and the chopped thyme until fragrant, 1-2 minutes. Deglaze the pan with a splash of water and mix in the creamy sauce. Remove from the heat. If the sauce is too thick, loosen with warm water in 5ml increments until drizzling consistency. Season.

5. NUTTY SALAD In a bowl, combine the shredded green leaves, the cucumber rounds, ½ the toasted nuts, a drizzle of olive oil, and seasoning.

6. YES, I COOKED THAT Plate up the sliced steak and drizzle over the creamy garlic sauce. Serve with the crispy wedges and the side salad, sprinkling over the remaining nuts.



Chef's Tip

Air fryer method: Coat the potato wedges in oil and season. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	569kJ
Energy	136kcal
Protein	8.8g
Carbs	9g
of which sugars	1g
Fibre	1.5g
Fat	5.3g
of which saturated	1.6g
Sodium	51mg

Allergens

Cow's Milk, Allium, Sulphites, Tree Nuts

Eat
Within
4 Days