



UCOOK

Beef Rump & Cheats Chilli Hollandaise

with roasted butternut & sunflower seeds

Ever made a sauce from another sauce, Chef? Today you will! Add sriracha sauce to a dijon crème for a spicy, creamy, rich mustard sauce. This is spooned over juicy steak slices and sided with oven roasted butternut & onion wedges. To balance the dish, a refreshing sunflower seed & green leaves salad completes the meal.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Hellen Mwanza

 Carb Conscious

 Creation Wines | Creation Merlot

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

750g	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
2	Onions <i>peel & cut 1½ into wedges</i>
30ml	NOMU One For All Rub
15g	Sunflower Seeds
480g	Free-range Beef Rump
150ml	Dijon Crème <i>(120ml Crème Fraiche & 30ml Dijon Mustard)</i>
30ml	Sriracha Sauce
60g	Green Leaves <i>rinse</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the butternut half-moons and the onion wedges on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 35-40 minutes (shifting halfway).

2. SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. STEAK When the roast has 10-15 minutes to go, 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. SAUCE Return the pan, wiped down, to medium-low heat. Add the dijon crème, the sriracha (to taste), and 6 tbsp of warm water. Mix until combined and warmed through, 2-3 minutes. 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 and set aside.

5. SOME PREP In a bowl, combine the rinsed green leaves, the toasted sunflower seeds, a drizzle of olive oil, and seasoning.

6. DINNER IS READY Plate up the roasted veg, side with the steak slices, drizzle the sauce over the steak, and serve alongside the fresh salad. Indulge, Chef!



Chef's Tip

Air fryer method: Coat the butternut pieces and the onion wedges in oil, the NOMU rub, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	540kJ
Energy	129kcal
Protein	7.4g
Carbs	8g
of which sugars	2.4g
Fibre	1.5g
Fat	5.4g
of which saturated	2.4g
Sodium	133mg

Allergens

Allium, Sulphites, Cow's Milk

Cook
within
4 Days