



UCOOK

French Fries & Beef Rump

with a baby tomato and artichoke salad & a quick aioli

Everyone can do with a bit of truffle in their life. Especially drizzled over super-thin french fries with grated Italian-style cheese and fresh parsley. These complement seared, butter-based beef rump, an artichoke and pecan nut-layered salad, and a homemade aioli. You've outdone yourself, Chef!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Ella Nasser

Adventurous Foodie

Domaine Des Dieux | Josephine Pinot Noir

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

Ingredients & Prep

160g	Baby Tomatoes <i>cut in half</i>
20g	Pecan Nuts <i>roughly chop</i>
40g	Salad Leaves <i>rinse & roughly shred</i>
80g	Artichoke Quarters <i>drain & roughly chop</i>
80ml	Mayo
1	Garlic Clove <i>peel & grate</i>
400g	Potato <i>rinse, slice into thin matchsticks & pat dry</i>
5ml	Truffle Oil
40ml	Grated Italian-style Hard Cheese
5g	Fresh Parsley <i>rinse, pick & finely chop</i>
320g	Free-range Beef Rump
20ml	NOMU Provençal Rub

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. BABY TOMATOES Place a pan over medium heat with a drizzle of oil. When hot, fry the halved baby tomatoes until blistered and charred, 3-4 minutes (shifting occasionally). In the final minute, add a sweetener and seasoning.

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

3. PREP STEP In a bowl, combine the rinsed salad leaves, the blistered baby tomatoes, the chopped artichoke, the toasted pecan nuts, seasoning, and a drizzle of oil. In a separate bowl, combine the mayo, the grated garlic (to taste), and seasoning.

4. FANCY FRIES Place a pot or pan over a medium-high heat with enough oil to cover the base. Once the oil is hot, fry the potato matchsticks until slightly golden and crispy, 2-4 minutes. Remove the fries from the hot oil and drain on paper towel. Immediately drizzle over and toss with the truffle oil, grated cheese, chopped parsley, and seasoning.

5. BEEF 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). In the final minute, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

6. BISTRO DINNER Pile up some crispy flavour-packed french fries. Side with the steak slices and the tossed salad. Serve with the aioli on the side for dunking. A classic!

Chef's Tip

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

Nutritional Information

Per 100g

Energy	627kJ
Energy	150kcal
Protein	8.2g
Carbs	9g
of which sugars	1.5g
Fibre	1.7g
Fat	7.4g
of which saturated	1.3g
Sodium	107mg

Allergens

Egg, Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
3 Days