



UCOOK

Beef Rump & Salsa Verde

with roasted sweet potatoes & a chunky tomato salad

How does a beautiful, bright green sauce made from fresh herbs spooned over a juicy, seared steak sound, Chef? You will be making this versatile, homemade salsa verde today, which will feature our unique UCOOK twist of briny capers. Served with oven-roasted sweet potato and a tangy tomato & cucumber salad.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Fan Faves

Zevenwacht | Zeven Rosé

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

Ingredients & Prep

250g	Sweet Potato <i>rinse & cut into thick rounds</i>
10g	Hazelnuts <i>roughly chop</i>
6g	Mixed Herbs <i>(3g Fresh Mint & 3g Fresh Parsley)</i>
1	Garlic Clove <i>peel & grate</i>
10g	Capers <i>drain & finely chop</i>
15ml	Red Wine Vinegar
160g	Beef Rump
1	Tomato <i>rinse & cut into bite-sized chunks</i>
100g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Blender (optional)
Paper Towel
Butter
Sugar/Sweetener/Honey

1. ROAST Preheat the oven to 200°C. Spread the sweet potato rounds on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway.)

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

3. SALSA VERDE Rinse and finely chop the mixed herbs. Return the pan to medium heat with a drizzle of oil. When hot, fry the grated garlic until fragrant, 30-60 seconds. Remove from the pan. In a bowl, combine the chopped herbs, the chopped capers, the garlic, the vinegar (to taste), 30ml of olive oil, a sweetener (to taste), and seasoning. Alternatively: Add the ingredients into a blender and pulse until smooth.

4. 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.

5. JUST BEFORE SERVING In a bowl, toss together the tomatoes, the cucumber, the toasted nuts, a drizzle of olive oil, and season.

6. DINNER IS READY Dish up the sweet potato, side with the steak slices, and the tomato & cucumber salad. Finish with dollops of salsa verde. Dig in, Chef!



Chef's Tip

If the salsa verde is too tangy, balance it with a bit of sweetener.

Nutritional Information

Per 100g

Energy	375kJ
Energy	90kcal
Protein	6.3g
Carbs	8g
of which sugars	3g
Fibre	1.3g
Fat	2.6g
of which saturated	0.6g
Sodium	71mg

Allergens

Cow's Milk, Allium, Sulphites, Tree Nuts

Eat
Within
4 Days