

UCCOOK

Lemon & Parsley Beef Steak

with roasted beetroot & Danish-style feta

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Jason Johnson

Wine Pairing: Stettyn Wines | Stettyn Family Range Merlot

Nutritional Info	Per 100g	Per Portion
Energy	440kJ	2174kJ
Energy	105kcal	520kcal
Protein	8.8g	43.7g
Carbs	4g	22g
of which sugars	1.7g	8.3g
Fibre	1.4g	6.9g
Fat	3.9g	19.2g
of which saturated	1.5g	7.4g
Sodium	113mg	558mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None



Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

200g	400g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
20g	40g	Salad Leaves <i>rinse</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
10ml	20ml	Lemon Juice
1	1	Garlic Clove <i>peel & grate</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
160g	320g	Beef Rump
20g	40g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter (optional)

1. THE ROOT OF THE RECIPE Preheat the oven to 200°C. Spread the beetroot 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, 15-20 minutes (shifting halfway).

2. FRESH SIDE In a bowl, combine the green leaves, the cucumber, the sun-dried tomatoes, a drizzle of olive oil, and seasoning. Set aside.

3. BEST BASTE IN TOWN In a small bowl, combine the lemon juice, the garlic, ½ the parsley and seasoning.

4. SIZZLING, CHEF! When the beetroot has 10 minutes remaining, 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 and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter (optional) and the lemon and parsley mix. Remove from the pan, reserving the pan juices, and rest for 5 minutes before slicing and seasoning.

5. DINNER IS SERVED Plate up the fresh salad and serve the roasted beetroot alongside. Side with the beef rump slices drizzled with any reserved pan juices. Crumble over the feta and garnish with the remaining parsley. Service, please!