



UCCOOK

Seared Beef & Red Wine Sauce

with crunchy green beans

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Creation Wines | Creation Pinot Noir

Nutritional Info

	Per 100g	Per Portion
Energy	786kJ	3125kJ
Energy	188kcal	748kcal
Protein	11.3g	45.1g
Carbs	22g	87g
of which sugars	1g	3.9g
Fibre	1.4g	5.6g
Fat	2.8g	11g
of which saturated	0.9g	3.7g
Sodium	85mg	340mg

Allergens: Cow's Milk, Allium, Sulphites, Alcohol

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	White Basmati Rice <i>rinse</i>
80g	160g	Green Beans <i>rinse</i>
160g	320g	Beef Rump
5ml	10ml	NOMU Italian Rub
10ml	20ml	Stock & Flour Mix <i>(5ml [10ml] Beef Stock & 5ml [10ml] Cornflour)</i>
1	2	Garlic Clove/s <i>peel & grate</i>
3g	5g	Fresh Thyme <i>rinse</i>
50ml	100ml	Red Wine
5g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

1. **RICE & BEANS** Place the rice in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover. Coat the green beans in oil and season. Air fry at 200°C until starting to crisp up, 5-8 minutes (shifting halfway).

2. **SAUCE** Place a pan over medium-high heat with a drizzle of oil. In a small bowl, combine the stock & flour mix with 1 [2] tbsp of water. When hot, fry the garlic and the thyme sprigs until fragrant, 1-2 minutes. Deglaze with the red wine. Mix in 50ml [100ml] of water, the stock & flour mixture, and a sweetener (to taste). Simmer until thickening, 4-5 minutes. In the final 1-2 minutes, mix in 10g [20g] of butter. Remove from the heat, discard the thyme sprigs, and season.

3. **STEAK** 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.

4. **TIME TO DINE** Dish up the fluffy rice, top with steak slices, and spoon over the silky red wine sauce. Side with the crunchy green beans and garnish with the parsley. Bon appétit, Chef!

Chef's Tip Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 5-6 minutes (shifting occasionally). Remove from the pan, season, and cover.