



UCOOK

Steak & Butternut Mash

with pickled cucumber, fresh parsley & garlic-y green beans

All your favourites come together to create this satisfying and delish dish. Sweet & creamy butternut mash is accompanied by perfectly cooked slices of beef rump and classic garlic green beans. Sided with a simple pickled onion & cucumber salad. It's comfort food at its finest!


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 Stellenzicht | Tristone Cabernet Sauvignon

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Ingredients & Prep

250g	Butternut <i>deseeded, peeled & cut into chunks</i>
30ml	Red Wine Vinegar
1	Red Onion <i>¼ peeled & finely diced</i>
50g	Cucumber <i>roughly diced</i>
80g	Green Beans <i>rinsed & trimmed</i>
1	Garlic Clove <i>peeled & grated</i>
160g	Free-range Beef Rump
5ml	NOMU Beef Rub
20g	Green Leaves <i>rinsed</i>
4g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. YOU BUTTERNUT STOP ME! Place the butternut chunks in a pot with salted water over medium-high heat. Bring to the boil. Boil covered for 15-20 minutes until cooked through and soft. Drain, if necessary. Add a knob of butter or coconut oil (optional) and a splash of water or milk. Mash with a fork or potato masher until combined and the desired consistency.

2. IN A PICKLE In a bowl, combine the vinegar, 10ml of water, and 5ml of a sweetener of choice. Add the diced onion & cucumber and toss until coated. Set aside to pickle.

3. LIKE YOUR GRANNY'S Place a pan over medium-high heat with a drizzle of oil. When hot, fry the trimmed green beans for 3-4 minutes until cooked al dente, shifting occasionally. In the final minute, add the grated garlic. Remove from the pan and season.

4. THE STEAKS ARE HIGH Return the pan to a medium-high heat with a drizzle of oil. Pat the rump dry with paper towel. When the pan is hot, sear the rump, fat-side down, for 3-5 minutes until crispy. Then, fry for 2-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the rump). During the final 1-2 minutes, baste with a knob of butter (optional) and the rub. Remove from the pan and rest for 5 minutes before slicing. Lightly season the slices.

5. SIMPLE SALAD Drain the pickling liquid from the onion & cucumber. Place the pickled onion & cucumber in a bowl along with the rinsed green leaves, a drizzle of olive oil, and seasoning. Toss until combined.

6. THAT'S ALL FOLKS! Plate up the rump slices and side with the butternut mash, the garlic-y green beans, and the fresh salad. Sprinkle over the chopped parsley. A winner, Chef!

Nutritional Information

Per 100g

Energy	366kJ
Energy	87kcal
Protein	6.3g
Carbs	7g
of which sugars	2.3g
Fibre	1.9g
Fat	1.8g
of which saturated	0.6g
Sodium	42mg

Allergens

Allium, Sulphites

Cook
within
4 Days