



UCCOOK

Beef Rump & Cheesy Potato Bake

with caramelised onion & a sun-dried tomato salad

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Morgan Otten

Wine Pairing: Stettyn Wines | Stettyn Family Range
Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	492kJ	3201kJ
Energy	118kcal	766kcal
Protein	8.1g	52.7g
Carbs	10g	64g
of which sugars	2.4g	15.3g
Fibre	1.6g	10.4g
Fat	4.1g	26.5g
of which saturated	1.8g	11.5g
Sodium	62mg	405mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & roughly slice ½ [1]</i>
5ml	10ml	Cake Flour
50ml	100ml	Low Fat UHT Milk
1	1	Garlic Clove <i>peel & grate</i>
30g	60g	Grated Cheddar Cheese
200g	400g	Potato <i>rinse, peel & thinly slice into rounds</i>
10ml	20ml	Lemon Juice
20g	40g	Green Leaves <i>rinse</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
160g	320g	Beef Rump
3g	5g	Fresh Rosemary <i>rinse</i>

From Your Kitchen

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

1. CARAMELISED ONIONS Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and set aside.

2. READY THE ROUX Place a pot over medium heat with 10g [20g] of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk and the garlic. Once the milk is incorporated, add ½ the cheese. Season and remove from the heat. Mix through the potato and the caramelised onions. Add a splash of water or milk (optional) if the sauce is too thick.

3. ASSEMBLE THE GRATIN Lightly grease a shallow ovenproof dish and spread out the potato and caramelised onion mixture. Scatter over the remaining cheese. Roast in the hot oven until the potatoes are soft (when poked with a knife), 25-30 minutes. In the final 5 minutes, turn the heat up to grill to brown the cheese.

4. FOR FRESHNESS In a salad bowl, combine the lemon juice with a drizzle of olive oil and mix to emulsify. Add the green leaves and sun-dried tomatoes, and toss to coat.

5. OH-YUM 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 rosemary. Remove from the pan, discard the rosemary, and rest for 5 minutes before slicing and seasoning.

6. RESTAURANT QUALITY MEAL Plate up the juicy beef slices alongside the creamy potato gratin. Serve the fresh salad on the side and get ready to dive in!