



# UCOOK

## Beef Rump & Cheats Chilli Hollandaise

with roasted butternut & sunflower seeds

Ever made a sauce from another sauce, Chef? Today you will! Add sriracha sauce to a dijon crème for a spicy, creamy, rich mustard sauce. This is spooned over juicy steak slices and sided with oven roasted butternut & onion wedges. To balance the dish, a refreshing sunflower seed & green leaves salad completes the meal.

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**Hands-on Time:** 15 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Hellen Mwanza

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 Carb Conscious

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 Creation Wines | Creation Merlot

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## Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) &amp; cut into half-moons</i>
1	Onion <i>peel &amp; cut ½ into wedges</i>
10ml	NOMU One For All Rub
5g	Sunflower Seeds
160g	Free-range Beef Rump
50ml	Dijon Crème <i>(40ml Crème Fraiche &amp; 10ml Dijon Mustard)</i>
10ml	Sriracha Sauce
20g	Green Leaves <i>rinse</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. ROAST** Preheat the oven to 200°C. Spread the butternut half-moons and the onion wedges on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. STEAK** When the roast has 10-15 minutes to go, 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.

**4. SAUCE** Return the pan, wiped down, to medium-low heat. Add the dijon crème, the sriracha (to taste), and 2 tbsp of warm water. Mix until combined and warmed through, 1-2 minutes. Remove from the heat and whisk in 15g of butter. If the sauce is too thick for your liking, loosen with a splash of warm water. Season and set aside.

**5. SOME PREP** In a bowl, combine the rinsed green leaves, the toasted sunflower seeds, a drizzle of olive oil, and seasoning.

**6. DINNER IS READY** Plate up the roasted veg, side with the steak slices, drizzle the sauce over the steak, and serve alongside the fresh salad. Indulge, Chef!



## Chef's Tip

Air fryer method: Coat the butternut pieces and the onion wedges in oil, the NOMU rub, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	540kj
Energy	129kcal
Protein	7.4g
Carbs	8g
of which sugars	2.4g
Fibre	1.5g
Fat	5.4g
of which saturated	2.4g
Sodium	133mg

## Allergens

Allium, Sulphites, Cow's Milk

Cook  
within  
4 Days