



# UCCOOK

## Grilled Rump Steak & Spicy Chilli Pesto

with a fresh cucumber, radish & hard cheese shavings salad

Presto, it's homemade pesto! Made from lemon, garlic, rocket, toasted seeds & chilli flakes, these ingredients are blended until it becomes a delicious drizzle for seared beef steak slices. Sharing your plate will be a smooth and creamy potato mash and a cucumber, radish & cheese shaving salad.

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**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People


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**Chef:** Talita Ngesi

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 Adventurous Foodie

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 Paserene | Dark Shiraz

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## Ingredients & Prep

800g	Potato <i>peeled &amp; cut into bite-sized pieces</i>
160g	Italian-style Hard Cheese <i>½ peeled into ribbons &amp; ½ grated</i>
120g	Hazelnuts
4	Garlic Cloves <i>peeled &amp; grated</i>
80g	Rocket <i>rinsed</i>
1	Lemon <i>zested &amp; cut into wedges</i>
20ml	Dried Chilli Flakes
640g	Free-range Beef Rump
80g	Radish <i>rinsed &amp; sliced into thin rounds</i>
200g	Cucumber <i>rinsed &amp; cut into half-moons</i>

## From Your Kitchen

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

**1. MASH** Place the potato pieces into a pot of salted water. Bring to the boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional), the grated cheese, and a splash of water or milk (optional). Mash with a fork, season, and cover.

**2. TOAST** Place the hazelnuts in a pan over medium heat. Toast until golden brown, 4-5 minutes (shifting occasionally). Remove from the pan and set aside.

**3. HOMEMADE PESTO** Return the pan to medium heat with a drizzle of oil. When hot, fry the grated garlic until fragrant, 30-60 seconds. Remove from the pan and add to the blender with ½ the rinsed rocket, the toasted nuts, lemon zest, a squeeze of lemon juice (to taste), and the dried chilli flakes (to taste). Add 160ml of olive oil and 80ml of water. Blend until smooth and season. Loosen with a splash of water if too thick.

**4. SIZZLING RUMP** Place a grill pan or 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.

**5. QUICK SALAD** In a bowl, add the remaining rocket, the sliced radish, the cucumber half-moons, the cheese ribbons, a squeeze of the remaining lemon juice (to taste), and a drizzle of oil. Toss to combine and season.

**6. TIME TO EAT** Plate up the creamy mash, side with the sliced steak, and the fresh salad. Drizzle the homemade pesto over the steak. Well done, Chef!

## Nutritional Information

Per 100g

Energy	552kJ
Energy	132kcal
Protein	10.6g
Carbs	9g
of which sugars	1g
Fibre	2.2g
Fat	7.5g
of which saturated	1.9g
Sodium	62mg

## Allergens

Egg, Dairy, Allium, Tree Nuts

Cook  
within  
4 Days