



UCCOOK

Juicy Beef Rump & Crispy Potatoes

with a fresh salad

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Lauren Nel

Wine Pairing: Groote Post Winery | Groote Post Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	456kJ	2321kJ
Energy	109kcal	555kcal
Protein	8.1g	41.1g
Carbs	9g	46g
of which sugars	2g	10.4g
Fibre	1g	4.9g
Fat	2.5g	12.6g
of which saturated	0.8g	3.8g
Sodium	45mg	229mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Baby Potatoes <i>rinse & cut in half</i>
5ml	10ml	Greek Seasoning
160g	320g	Beef Rump
15ml	30ml	Red Wine Vinegar
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
15g	30g	Sun-dried Tomatoes <i>roughly chop</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
40ml	80ml	Creamy Pesto <i>10ml [20ml] Red Pepper Pesto & 30ml [60ml] Sour Cream</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Seasoning (salt & pepper)

Paper Towel

Butter

1. CRISPY POTATOES Coat the halved baby potatoes in oil and Greek seasoning. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway). Alternatively, preheat the oven to 200°C. Spread the baby potatoes on a roasting tray. Coat in oil and Greek seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. STEAK Place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel and coat with seasoning. 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 season (to taste).

3. SALAD In a bowl, combine the vinegar and a generous drizzle of olive oil. Mix to emulsify. Add the salad leaves, sun-dried tomatoes, cucumber, toss to combine, and season.

4. TIME TO DINE Plate up the crispy potatoes, side with the steak slices, and dollops of the creamy pesto. Finish with a side of fresh salad. Dig in, Chef!