



UCCOOK

Seared Beef Rump & Potato Bake

with a fresh salad & sunflower seeds

Get ready to dig your spoon into creamy layers of potato bake, made from onions, potato, homemade bechamél sauce and a golden-baked cheese topping. Joining this flavour party is seared beef rump and a refreshing salad made with toasted sunflower seeds, plump peas, & green leaves. Hip-hip, hooray for a delicious dinner!

Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 Paserene | The Shiner Red Blend

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Ingredients & Prep

1	Garlic Clove <i>peeled & grated</i>
10ml	Cake Flour
100ml	Low Fat Fresh Milk
200g	Potato <i>rinsed & sliced into thin rounds (use a mandolin if you have one)</i>
1	Onion <i>½ peeled & finely sliced</i>
40g	Grated Cheddar Cheese
20g	Salad Leaves
10g	Sunflower Seeds
40g	Peas
160g	Free-range Beef Rump

From Your Kitchen

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

1. BEGIN WITH THE BECHAMÉL Preheat the oven to 200°C. Place a pot over medium heat with a drizzle of oil. When hot, add the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Add 20g of butter and the flour. Fry until starting to brown, 1-2 minutes (shifting constantly). Remove from the heat and gradually stir in the milk, making sure there are no lumps. Season.

2. BAKE THE POTATO BAKE Lightly grease a small baking dish. Add the sliced potato & onion. Pour over the bechamél. Mix until combined and flatten into a flat layer. Cover the baking dish in tinfoil and bake until cooked through, 35-40 minutes. In the final 5-7 minutes, remove the tinfoil and sprinkle over the grated cheese. Bake for the remaining time until golden.

3. SUNNY SEEDS & SALAD Boil the kettle. Rinse and roughly shred the salad leaves. 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.

4. BRING IT TOGETHER Submerge the peas in boiling water until plump, 2-3 minutes. Drain and place in a bowl. Just before serving, add the shredded salad leaves, the toasted seeds, a drizzle of olive oil, and seasoning to the bowl. Toss until combined.

5. SEAR THE STEAK When the potato bake has 10 minutes remaining, return the pan to a 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.

6. TIME TO DINE! Plate up the steak slices. Serve with the cheese potato bake and the fresh salad. Time to dine, Chef!

Nutritional Information

Per 100g

Energy	546kJ
Energy	131kcal
Protein	8.9g
Carbs	9g
of which sugars	2.2g
Fibre	1.5g
Fat	4.8g
of which saturated	2g
Sodium	51mg

Allergens

Gluten, Dairy, Allium, Wheat

Cook
within
4 Days