



UCCOOK

Smoked Paprika Beef Rump & Corn Purée

with charred leeks

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	441kj	3251kj
Energy	105kcal	777kcal
Protein	6.2g	46g
Carbs	12g	90g
of which sugars	3.9g	28.6g
Fibre	1.3g	9.7g
Fat	1.8g	13.2g
of which saturated	0.6g	4.5g
Sodium	34mg	254mg

Allergens: Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potatoes <i>rinse</i>
100g	200g	Leeks <i>trimmed at the base & halved lengthwise</i>
160g	320g	Beef Rump
10ml	20ml	Paprika Blend <i>(5ml [10ml] Paprika, 2.5ml [5ml] Garlic Powder & 2.5ml [5ml] Onion Powder)</i>
10ml	20ml	Maple-flavoured Syrup
1	1	Onion <i>peel & roughly dice ¼ [½]</i>
1	1	Garlic Clove <i>peel & grate</i>
50g	100g	Corn
50ml	100ml	Full Cream UHT Milk
3g	5g	Fresh Parsley <i>rinse & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Blender
Butter

1. PARBOIL BABY POTS Preheat the oven to 200°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 10-15 minutes. Drain and set aside.

2. SMASHED POTS Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle over some oil and season. Roast in the hot oven until crispy, 25-30 minutes. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

3. CHARRED LEEKS Rinse the leeks and cut into 4-5cm pieces. Place on a roasting tray cut-side up. Coat in oil and season. Roast in the hot oven until softened and charred, 15-20 minutes.

4. STEAK 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, paprika blend, and the syrup. Remove from the pan, with all the pan juices and cover to keep warm. Just before serving, slice the steak and season.

5. INTO THE BLENDER Place a small pot over medium heat with a drizzle of oil and a knob of butter. When hot, fry the onion until soft, 3-4 minutes. Add the garlic and fry until fragrant, 30-60 seconds. Mix in the corn and the milk. Simmer until the corn is heated through, 2-4 minutes. Transfer the mixture to a blender (or use a stick blender) and blend until smooth, adding warm water to loosen if it's too thick. Remove from the blender and season.

6. TIME TO DINE Smear the corn purée, top with steak slices and drizzle over some of the juices. Side with the smashed potatoes and charred leeks. Garnish with a sprinkle of the parsley and dig in Chef!

Chef's Tip For silky corn purée, blend while still hot and add liquid gradually to control the texture.