



# UCOOK

## Beef Rump & Mushie Sauce

with sweet potato mash & a fresh leaf  
salad

Juicy beef rump slices are drizzled with a dreamy cheesy mushroom sauce and served with smooth mashed sweet potato, sided with a lemony green leaf salad. This classic dish is always a top contender for dinner of the week!

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**Hands-On Time:** 15 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People


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**Chef:** Kate Gomba

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 Fan Faves

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 Robertson Winery | Cabernet Sauvignon

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## Ingredients & Prep

500g	Sweet Potato <i>peeled &amp; cut into bite-sized chunks</i>
250g	Button Mushrooms <i>wiped clean &amp; roughly sliced</i>
20ml	Self-raising Flour
125ml	Almond Milk
100g	Grated White Cheddar
320g	Free-range Beef Rump
40g	Green Leaves <i>rinsed</i>
1	Lemon <i>cut into wedges</i>
5g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter  
Sugar/Sweetener/Honey (optional)

**1. MASH POTATO** Place a pot of cold, salted water over a high heat. Add the sweet potato chunks and bring to a boil. Once boiling, reduce the heat and simmer for 10-15 minutes until soft. Drain on completion and mash with a potato masher or fork until smooth. Then, stir through a knob of butter. Season to taste.

**2. GOLDEN MUSHIES** Place a nonstick pan over a medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the sliced mushrooms for 3-5 minutes until soft and golden, shifting as they colour.

**3. CREAMY CHEESE SAUCE** Place a small pot over a medium heat with 30g of butter. Once melted, vigorously mix in the flour to form the roux. Cook out for 1-2 minutes, stirring constantly. Slowly whisk in the milk. Once the almond milk is incorporated, add the grated cheese and stir until melted. Season to taste with salt, pepper, and a sweetener of choice (optional) and remove from the heat. Add the fried mushrooms and cover to keep warm, whisking in a splash of warm water if it's too thick before serving.

**4. SIZZLING RUMP** Return the pan to a medium-high heat with a drizzle of oil. Pat the steaks dry with paper towel. When the pan is hot, sear the steaks fat-side down, for 3-5 minutes until crispy. Then, fry for 2-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the steaks). During the final 1-2 minutes, baste with a knob of butter. Remove from the pan on completion and allow to rest for 5 minutes before slicing. Lightly season the slices.

**5. DRESS THE SALAD** In a bowl, toss the rinsed green leaves with a squeeze of lemon juice (to taste), seasoning, and a drizzle of olive oil.

**6. INDULGE YOURSELF!** Dish up the silky mash potato and the beef rump slices. Pour over the cheesy mushroom sauce and serve the lemony salad on the side. Garnish with fresh parsley and a lemon wedge. Yummy!

## Nutritional Information

Per 100g

Energy	479kJ
Energy	115Kcal
Protein	8g
Carbs	8g
of which sugars	2.9g
Fibre	1.4g
Fat	4g
of which saturated	1.8g
Sodium	77mg

## Allergens

Gluten, Dairy, Wheat, Tree Nuts

Cook  
within  
4 Days