



UCOOK

Lyonnaise Potatoes & Rump Steak

with charred peppers & a Dijon dressed salad

Succulent beef rump slices are paired with pan-fried potatoes & thinly sliced onions sautéed in butter. Sided with a classic salad laced with sun-dried tomatoes, charred peppers, and Italian cheese ribbons tossed in a mustard-vinaigrette dressing.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Chris Dugmore

 Adventurous Foodie

 Strandveld | Syrah

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Ingredients & Prep

250g	Baby Potato <i>rinsed & cut into 1cm thick rounds</i>
1	Bell Pepper <i>½ rinsed, deseeded & cut into strips</i>
1	Onion <i>½ peeled & roughly sliced</i>
15ml	Lemon Juice
10ml	Dijon Mustard
20g	Green Leaves <i>rinsed</i>
25g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
20g	Italian-style Hard Cheese <i>peeled into ribbons</i>
160g	Free-range Beef Rump
5ml	NOMU One For All Rub

From Your Kitchen

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

1. BOIL THE POTS Place the sliced potato into a pot of salted water. Bring to a boil and simmer until soft, 4-5 minutes. Drain and set aside.

2. CHARRED PEPS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the pepper strips until lightly charred, 3-4 minutes (shifting occasionally). Season, remove from the pan, and set aside.

3. CRISPY POTATOES When the potatoes are cooked, return the pan to medium-high heat with a drizzle of oil and a knob of butter. When hot, fry ½ the boiled potatoes and the sliced onion until starting to brown and char, 4-5 minutes (shifting occasionally). Add the remaining potato, another drizzle of oil, and another knob of butter. Lower the heat slightly and fry until the onion is golden and the potato is starting to crisp, 5-10 minutes (shifting occasionally).

4. VINAIGRETTE In a small bowl, combine the lemon juice, the mustard, a drizzle of olive oil, a sweetener, and seasoning. Set aside.

5. STUNNING SALAD To a salad bowl, add the rinsed leaves. Toss through the chopped sun-dried tomatoes, the charred peppers, the mustard dressing, and the ½ the hard cheese shavings. Set aside.

6. BASTE THE 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 and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

7. SERVICE, PLEASE! Plate up the tender steak slices and side with the lyonnaise potatoes. Place the mustard-dressed salad alongside and garnish with the remaining cheese shavings. Delish, Chef!

Nutritional Information

Per 100g

Energy	425kJ
Energy	101kcal
Protein	6.8g
Carbs	9g
of which sugars	2.6g
Fibre	1.5g
Fat	3g
of which saturated	0.9g
Sodium	109mg

Allergens

Egg, Dairy, Allium, Sulphites

Cook
within
4 Days