

Eat Within 3 Days

QCOOK

Balsamic Beef & Grilled Stone Fruit

with hassleback sweet potato

Hands-on Time: 55 minutes

Overall Time: 70 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Creation Wines | Creation Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	489kJ	3277kJ
Energy	117kcal	784kcal
Protein	6.8g	45.4g
Carbs	11g	72g
of which sugars	6.3g	42.6g
Fibre	1.4g	9.1g
Fat	3.2g	21.7g
of which saturated	1.1g	7.4g
Sodium	68mg	454mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Sweet Potato *rinse, trim & pat dry*
15ml	20ml	South African Seasoning
30g	40g	Almonds
480g	640g	Beef Rump
15ml	20ml	Smoked Paprika
3	4	Peaches *rinse & cut into wedges, discarding the pip*
150g	200g	Cucumber *rinse & cut in half lengthwise*
45ml	60ml	Red Wine Vinegar
60g	80g	Salad Leaves *rinse & roughly shred*
60g	80g	Danish-style Feta *drain*
45ml	60ml	Balsamic Reduction

From Your Kitchen

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

1. SOME PREP Preheat the oven to 200°C. Place each sweet potato between two chopsticks or wooden spoon handles. Make thin slices across the potato, about 2-3mm apart, stopping before you cut all the way through. Melt a generous knob of butter and set aside.

2. HASSLEBACK SWEET POTS Coat the sweet potato in oil and South African seasoning. Roast in the hot oven until golden and cooked through, 45-50 minutes (shifting halfway). In the final 5-8 minutes, brush with melted butter, gently fanning out the slices and pop the tray back in the oven for the remaining time. Alternatively, air fry at 200°C until crispy, 35-40 minutes (shifting halfway).

3. TOAST Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. STEAK When the roast has 10-15 minutes to go, return the pan to 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 paprika. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. GRILLED STONE FRUIT Return the pan or a griddle pan to high heat with a knob of butter. Grill the stone fruit pieces until lightly charred, 1-2 minutes per side. Remove from the pan.

6. SALAD Using a spoon or a knife, gently scoop out the seeds from the cucumber and cut into half-moons. In a salad bowl, combine the vinegar with a drizzle of olive oil, and mix to emulsify. Add the salad leaves, cucumber and feta. Toss to coat.

7. TIME TO DINE Dish up the roast, side with the beef strips and the salad. Sprinkle the almonds over the salad and drizzle over the balsamic reduction. Well done, Chef!

Chef's Tip Grilling stone fruit brings out its natural sweetness and adds a delicious smoky, caramelised flavour.