

UCOOK

Honey-mustard Beef

with broccoli, crispy kale & carrots


This recipe is a present on a plate. And once you've tasted the juicy steak slices basted in a honey & mustard sauce, sided with charred broccoli, roasted carrot wedges, crispy kale & a sprinkling of sunflower seeds, you'll put this dish at the top of your 'What I want for Xmas' list.


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Quincy Vearey

 Carb Conscious

 Waterford Estate | Range Cabernet Sauvignon
2016

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Ingredients & Prep

120g	Carrot <i>rinsed, trimmed & cut into wedges</i>
50g	Kale <i>rinsed & roughly shredded</i>
100g	Broccoli Florets <i>cut into bite-sized pieces</i>
10g	Sunflower Seeds
160g	Free-range Beef Rump
30ml	Honey-mustard Sauce <i>(15ml Honey, 10ml Apple Cider Vinegar & 5ml Wholegrain Mustard)</i>

From Your Kitchen

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

1. IT'S BEGINNING Preheat the oven to 200°C. Spread out the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway. Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. Add the broccoli pieces and toss until combined. Set aside.

2. TO FEEL Place the sunflower seeds in a pan over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool.

3. A LOT When the carrots reach the halfway mark, give the tray a shift. Scatter the dressed kale & broccoli over the tray. Return to the hot oven and roast for the remaining time until crispy.

4. LIKE Return the pan to a medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When the pan is hot, sear the steak, 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 steak). During the final 1-2 minutes, baste with a knob of butter or drizzle of oil and the honey-mustard sauce. Remove from the pan, reserving the pan juices, and rest for 5 minutes before slicing. Lightly season the slices.

5. CHRISTMAS, CHEF! Plate up the roast. Side with steak slices and drizzle over the reserved pan juices. Sprinkle over the toasted sunflower seeds. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	506kJ
Energy	121kcal
Protein	9.2g
Carbs	8g
of which sugars	5.1g
Fibre	2g
Fat	3.6g
of which saturated	0.9g
Sodium	43mg

Allergens

Sulphites

Cook
within
4 Days