



UCOOK

Beef Rump & Emmental Sauce

with potato wedges & a side salad

A delicious weeknight dinner the whole family will love! NOMU-spiced, oven-roasted potato wedges are accompanied by scrumptious butter-basted beef rump slices drizzled with a silky Emmental cheese sauce. Sided with a fresh green leaf & toasted sunflower seed salad.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

Fan Faves

 Bertha Wines | Bertha Shiraz 2021

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Ingredients & Prep

200g	Potato <i>rinse & cut into wedges</i>
5ml	NOMU Italian Rub
10g	Sunflower Seeds
160g	Free-range Beef Rump
20g	Emmental Cheese
10ml	Cake Flour
100ml	Low Fat UHT Milk
20g	Green Leaves
10ml	Balsamic Vinegar

From Your Kitchen

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

1. ROAST WEDGES Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. SEAR THE STEAK When the roast has 10-15 minutes remaining, 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. CHEESE SAUCE Grate the cheese. Place a small pot over medium heat with 10g of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, add the grated cheese and stir until melted. Season and remove from the heat. Add a splash of water or milk (optional) if the sauce is too thick.

5. FRESH LEAVES Rinse the green leaves. In a bowl, combine the rinsed green leaves, the toasted sunflower seeds, the vinegar, a drizzle of olive oil, and seasoning.

6. DINNER IS SERVED Plate up the roasted wedges and the steak slices. Drizzle the cheese sauce over the steak. Side with the fresh salad. Well done, Chef!



Chef's Tip

Air fryer method: Coat the potato wedges in oil, the NOMU rub, and seasoning. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	577kJ
Energy	138kcal
Protein	10g
Carbs	9g
of which sugars	1.7g
Fibre	1.2g
Fat	4.9g
of which saturated	1.9g
Sodium	54mg

Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat
Within
4 Days