



UCCOOK

Balsamic Beef Rump

with fried feta & garlic green beans

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	625kj	3420kj
Energy	150kcal	818kcal
Protein	9.3g	50.8g
Carbs	13g	69g
of which sugars	3.6g	19.7g
Fibre	1.5g	8.5g
Fat	5.1g	27.7g
of which saturated	2g	10.8g
Sodium	121mg	661mg

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

Eat Within 5 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel & cut into small pieces</i>
10g	20g	Walnuts <i>roughly chop</i>
1	1	Garlic Clove <i>peel & grate</i>
80g	160g	Green Beans <i>rinse</i>
15ml	30ml	Lemon Juice
160g	320g	Beef Rump
50g	100g	Traditional Feta Blocks <i>drain & cut into 1cm cubes</i>
10ml	20ml	Tapioca Flour
15ml	30ml	Balsamic Reduction

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Milk (optional)

Paper Towel

Butter (optional)

1. MAKE THE MASH Place the potato into a pot of salted water. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.

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

3. CHARRED BEANS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the garlic until fragrant, 1-2 minutes (shifting constantly). Add the green beans and fry until charred, 3-4 [4-5] minutes (shifting occasionally). Remove from the pan, toss with the lemon juice (to taste), seasoning, and cover.

4. FANTASTIC STEAK Return the pan to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. 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 or a drizzle of oil. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. FRIED FETA Place the feta cubes in a bowl, add the tapioca flour and toss to coat. Return the pan to high heat with a drizzle of oil. When hot, fry the feta until slightly golden, 30-60 seconds per side (shifting gently). Remove and set aside.

6. DINE TIME! Plate up a hearty portion of potato mash and top with the steak slices. Side with the garlicky, charred green beans. Top with the fried feta cubes. Drizzle over the balsamic reduction (to taste). Garnish with the toasted walnuts. *Divine, Chef!*