



# UCOOK

## Creamy Garlic Sauce & Beef Rump

with crispy wedges & a simple side salad

Sometimes, a recipe's secret is all in the sauce. We teach you how to make a beautifully creamy garlic sauce, layered with notes of thyme & garlic. This luscious liquid is poured over juicy beef slices, which are complemented with oven roasted potato wedges and a toasted walnut, greens & cucumber salad.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Jade Summers

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Fan Faves

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Stettyn Wines | Stettyn Family Range Merlot

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## Ingredients & Prep

600g	Potato <i>rinse &amp; cut into wedges</i>
30g	Walnuts <i>roughly chop</i>
480g	Beef Rump
3	Garlic Cloves <i>peel &amp; grate</i>
8g	Fresh Thyme <i>rinse, pick &amp; finely chop</i>
155ml	Creamy Sauce <i>(30ml Dijon Mustard &amp; 125ml Sour Cream)</i>
60g	Green Leaves <i>rinse &amp; roughly shred</i>
150g	Cucumber <i>rinse &amp; cut into thin rounds</i>

## From Your Kitchen

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

**1. A RECIPE FOR SUCCESS** Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

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

**3. SENSATIONAL STEAK** 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. DO SOME DEGLAZING** Place a small pan over medium heat with a drizzle of oil. When hot, fry the grated garlic and the chopped thyme until fragrant, 1-2 minutes. Deglaze the pan with a splash of water and mix in the creamy sauce. Remove from the heat. If the sauce is too thick, loosen with warm water in 5ml increments until drizzling consistency. Season.

**5. NUTTY SALAD** In a bowl, combine the shredded green leaves, the cucumber rounds, ½ the toasted nuts, a drizzle of olive oil, and seasoning.

**6. YES, I COOKED THAT** Plate up the sliced steak and drizzle over the creamy garlic sauce. Serve with the crispy wedges and the side salad, sprinkling over the remaining nuts.



## Chef's Tip

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

## Nutritional Information

Per 100g

Energy	569kJ
Energy	136kcal
Protein	8.8g
Carbs	9g
of which sugars	1g
Fibre	1.5g
Fat	5.3g
of which saturated	1.6g
Sodium	51mg

## Allergens

Cow's Milk, Allium, Sulphites, Tree Nuts

Eat  
Within  
4 Days