



UCOOK

Harry Hartman's Rump & Rosemary

with roasted radish & pearly onions


You can look forward to a great plate of food today, Chef. Rich, balanced, and satisfying. A vegetable medley of carrots, onions & radishes is oven roasted with green beans. Steak is seared to perfection and elevated with butter & fresh rosemary. After drizzling with pan juices, the dish is finished with sprinklings of Italian-style hard cheese and sliced mint.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Harry Hartman

 Carb Conscious

 Harry Hartman | Finn 2022

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Ingredients & Prep

240g	Carrot <i>rinsed & halved</i>
3	Pearled Baby Onions <i>peeled & halved lengthways, keeping the tip intact</i>
40g	Radish <i>rinsed & halved</i>
80g	Green Beans <i>rinsed, trimmed & halved</i>
6g	Mixed Herbs <i>(3g Fresh Rosemary & 3g Fresh Mint)</i>
160g	Free-range Beef Rump
15g	Grated Italian-style Hard Cheese

From Your Kitchen

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

1. OVEN VEGGIES Preheat the oven to 200°C. Spread the carrot wedges, the onion halves, and the radish halves on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. PREP STEP Coat the halved green beans in oil and season. Rinse the mixed herbs and set the rosemary aside. Pick and finely slice the rinsed mint leaves. Set aside.

3. GOLDEN BEANS When the roast has 10 minutes remaining, add the green beans to the tray and give the tray a shift. Roast for the remaining time until lightly golden.

4. BUTTER-ROSEMARY 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 30g of butter and the rosemary. Remove from the pan, discard the sprigs, reserve the pan juices, and rest for 5 minutes before slicing and seasoning.

5. DINNER? DONE! Plate up the steak slices and drizzle with the reserved pan juices. Serve the roasted veg on the side and sprinkle over the grated hard cheese. Garnish with the sliced mint.



Chef's Tip

Air fryer method: Coat the carrot wedges, onion and radish halves in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). At the halfway mark, add in the dressed beans.

Nutritional Information

Per 100g

Energy	379kj
Energy	91kcal
Protein	7.1g
Carbs	7g
of which sugars	3.5g
Fibre	2.1g
Fat	2.2g
of which saturated	0.8g
Sodium	37mg

Allergens

Egg, Dairy, Allium

Cook
within
4 Days