



# U C O O K

— COOKING MADE EASY

## In-A-Flash Steak & Mash

**with crispy capers, smoky chipotle flakes  
& roast butternut mash**

Dining in style doesn't need to be a flash in the pan! We've spruced up a comfort classic with a prime cut of chipotle-infused beef, carb-conscious butternut mash, grilled green beans, and toasty tomatoes.

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**Hands-On Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Lauren Todd

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**Health Nut**

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## Ingredients & Prep

250g	Butternut <i>peeled &amp; cut into bite-size chunks</i>
5ml	NOMU One For All Rub
5g	Capers <i>drained &amp; roughly chopped</i>
1	Plum Tomato <i>rinsed &amp; sliced into 2cm thick circles</i>
80g	Green Beans <i>rinsed, trimmed &amp; halved</i>
3g	Fresh Parsley <i>rinsed &amp; roughly chopped</i>
160g	Free-Range Beef Rump
2ml	NOMU Smoked Chipotle Flakes
20g	Green Leaves <i>rinsed</i>

## From Your Kitchen

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

**1. ROAST THE BUTTERNUT** Preheat the oven to 200°C. Spread out the butternut chunks on a roasting tray. Coat in oil and three-quarters of the One For All Rub. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

**2. CRISPY CAPERS & TOMATO** When the butternut reaches the halfway mark, place a nonstick pan over a medium-high heat and add a drizzle of oil. When hot, fry the chopped capers for 1-2 minutes until crisping up, shifting occasionally. Remove from the pan and set aside for serving. Keeping the pan on the heat, grill the thick tomato slices for 2-3 minutes per side until softened and lightly browned. On completion, season to taste and add to the tray of butternut. Cook for the remaining roasting time until blistered.

**3. CHAR THE BEANS** Wipe down the pan and return it to a medium-high heat with another drizzle of oil. When hot, fry the halved green beans for 2-3 minutes until lightly charred, shifting occasionally. On completion, toss through three-quarters of the chopped parsley and season with the remaining One For All Rub. Remove from the pan on completion and set aside in a salad bowl.

**4. SMOKY CHIPOTLE STEAK** Return the pan to a medium-high heat with another drizzle of oil. Pat the steak dry with some paper towel. When the pan is hot, sear the steak fat-side down, for 3-5 minutes until crispy. Then, fry each side for 2-4 minutes or until cooked to your preference. (The time this takes will depend on the thickness of the steak.) During the final minute, coat the steak in the chipotle flakes to taste. On completion, remove from the heat and allow to rest in the pan for 5 minutes before thinly slicing. Lightly season the slices.

**5. SMOOTH MASH** Once the roast butternut is cooked, place in a bowl with a knob of butter, a drizzle of oil, or a spoon of coconut oil. Mash with a fork or potato masher until smooth and season to taste. Just before serving, toss the rinsed green leaves through the bowl of green beans.

**6. SUPPERTIME!** Dish up a hearty pile of roast butternut mash. Side with the green bean salad and cover with the grilled tomato. Place the chipotle steak slices alongside or on top of the mash, drizzling over any pan juices to taste. Finish off with sprinkles of the crispy, salty capers and the remaining chopped parsley. Love your work, Chef!



## Chef's Tip

Green beans are high in vitamin K. This micronutrient is vital for wound healing, bone health, important cognitive functions, and lowering blood pressure. Just half a cup of green beans can fulfill at least 20% of your daily vitamin K requirement!

## Nutritional Information

Per 100g

Energy	372kJ
Energy	89Kcal
Protein	6.7g
Carbs	7g
of which sugars	2g
Fibre	2g
Fat	2g
of which saturated	0.7g
Sodium	70mg

## Allergens

Allium

Cook  
within  
4 Days