



UCOOK

Rump & Black Pepper Sauce

with roasted sweet potato wedges & a cucumber salad

A mouthwatering sauce can really make a meal. In this recipe, the ingredients are taken up a taste level with a creamy crushed black pepper, beef stock, garlic & crème fraîche sauce. This delectable combination is drizzled over juicy rump steak slices that are sided with rosemary-infused oven roasted sweet potato wedges and a simple green salad to balance the richness.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Vergelegen | Reserve Merlot

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into wedges</i>
3g	Fresh Rosemary <i>rinsed</i>
5g	Pecan Nuts <i>roughly chopped</i>
5ml	Beef Stock
10ml	Willow Creek Cabernet Sauvignon Vinegar
20g	Green Leaves <i>rinsed</i>
50g	Cucumber <i>rinsed & sliced into matchsticks</i>
160g	Free-range Beef Rump
1	Garlic Clove <i>peeled & grated</i>
5ml	Crushed Black Pepper
30ml	Crème Fraîche

From Your Kitchen

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

1. SWEET ON SWEET POTATO Preheat the oven to 200°C. Spread the sweet potato wedges and the rinsed rosemary on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. POPPIN' PECANS Place the chopped pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. PREP STEP Boil the kettle. Dilute the stock with 60ml of boiling water. Set aside. In a bowl, combine the vinegar, 1 tbsp of olive oil, seasoning, and 1 tsp of sweetener. Just before serving, toss through the rinsed green leaves and the cucumber matchsticks.

4. JUICY RUMP When the sweet potato reaches the halfway mark, return the pan to a 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. Fry each side until cooked to your preference, 2-4 minutes. This may depend on the thickness of the steak. During the final 1-2 minutes, baste with a knob of butter (optional). Remove from the heat and rest for 5 minutes before slicing. Lightly season.

5. SAUCE & SALAD Return the pan to a medium heat with a drizzle of oil or knob of butter (optional). When hot, sauté the grated garlic and the crushed black pepper (to taste) until fragrant, 30-60 seconds. Stir in the diluted stock and simmer until slightly reduced, 2-3 minutes. Remove from the heat, whisk in the crème fraîche, and season.

6. ET VOILÀ! Dish up the juicy slices of steak and drizzle over the creamy black pepper sauce. Serve the roasted sweet potato wedges and the dressed salad on the side. Sprinkle over the toasted pecans. You can't beat the classics!



Chef's Tip

Air fryer method: Coat the sweet potato wedges and rosemary in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	595kj
Energy	142kcal
Protein	7.6g
Carbs	9g
of which sugars	3.4g
Fibre	1.4g
Fat	5.9g
of which saturated	2.4g
Sodium	88mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days