

UCCOOK

Lemon & Parsley Beef Steak

with roasted beetroot & Danish-style feta

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Carb Conscious: Serves 3 & 4

Chef: Jason Johnson

Wine Pairing: Stettyn Wines | Stettyn Family Range Merlot

Nutritional Info	Per 100g	Per Portion
Energy	440kJ	2174kJ
Energy	105kcal	520kcal
Protein	8.8g	43.7g
Carbs	4g	22g
of which sugars	1.7g	8.3g
Fibre	1.4g	6.9g
Fat	3.9g	19.2g
of which saturated	1.5g	7.4g
Sodium	113mg	558mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None



Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
60g	80g	Salad Leaves <i>rinse</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
60g	80g	Sun-dried Tomatoes <i>roughly chop</i>
30ml	40ml	Lemon Juice
2	2	Garlic Cloves <i>peel & grate</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>
480g	640g	Beef Rump
60g	80g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter (optional)

1. THE ROOT OF THE RECIPE Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. FRESH SIDE In a bowl, combine the green leaves, the cucumber, the sun-dried tomatoes, a drizzle of olive oil, and seasoning. Set aside.

3. BEST BASTE IN TOWN In a small bowl, combine the lemon juice, the garlic, ½ the parsley and seasoning.

4. SIZZLING, CHEF! When the beetroot has 10 minutes remaining, place a pan over 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 and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter (optional) and the lemon and parsley mix. Remove from the pan, reserving the pan juices, and rest for 5 minutes before slicing and seasoning.

5. DINNER IS SERVED Plate up the fresh salad and serve the roasted beetroot alongside. Side with the beef rump slices drizzled with any reserved pan juices. Crumble over the feta and garnish with the remaining parsley. Service, please!