

WCOOK

Beef & Loaded Wedges

with mozzarella cheese & fresh oregano

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Sophie Germanier Organic | Pinotage Organic

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 574kJ | 3718kJ |
| Energy | 137kcal | 889kcal |
| Protein | 7.7g | 49.5g |
| Carbs | 8g | 51g |
| of which sugars | 2g | 12.9g |
| Fibre | 0.9g | 6.1g |
| Fat | 6.1g | 39.6g |
| of which saturated | 1.5g | 9.6g |
| Sodium | 92mg | 594mg |

Allergens: Sulphites, Egg, Sesame, Cow's Milk, Soya, Allium

Spice Level: Mild

Eat Within 4 Days



Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 200g | 400g | Baby Potato <i>rinse & cut into wedges</i> |
| 40g | 80g | Mozzarella Cheese <i>grate</i> |
| 35ml | 70ml | Spicy Mayo <i>(30ml [60ml] Kewpie Mayo & 5ml [10ml] Sriracha Sauce)</i> |
| 5ml | 10ml | Black Sesame Seeds |
| 160g | 320g | Beef Rump |
| 1 | 1 | Onion <i>peel & finely slice</i> |
| 50g | 100g | Cucumber <i>rinse & roughly dice</i> |
| 10ml | 20ml | Lemon Juice |
| 3g | 5g | Fresh Oregano <i>rinse, pick & finely chop</i> |

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. FRIES. WEDGES. CHIPS. Preheat the oven to 200°C. Spread the baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). When the potatoes are cooked, sprinkle over the cheese and return to the oven until melted and golden, 3-4 minutes. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. SPICY MAYO & SEEDS In a small bowl, loosen the spicy mayo with a splash of water and set aside. Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. BUTTER-BASTED BEEF 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 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. SIMPLE SALAD To a bowl, add the onion (to taste), cucumber, the lemon juice, and ½ the oregano.

5. SET THE TABLE Pile up the cheesy wedges, sprinkle over the sesame seeds, and drizzle over the spicy mayo. Serve the remaining mayo on the side for dunking. Sprinkle the remaining oregano over the cheesy wedges. Side with the salad and the steak. Enjoy, Chef!