



U C O O K

— COOKING MADE EASY

SCRUMPTIOUS STEAK DINNER

**with sweet potato wedges & crunchy
onion rings**

A restaurant classic at your own dinner table. Succulent beef rump, basted in BBQ spices and served with crispy wedges of roast sweet potato, charred onion rings, and a baby tomato and feta salad.

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Runet Van Heerden

 **Easy Peasy**

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into wedges (skin on)</i>
100g	Baby Tomatoes <i>rinsed & halved</i>
30ml	Pickling Liquid <i>(20ml Red Wine Vinegar & 10ml Honey)</i>
1	Onion <i>one half peeled & sliced into 1cm thick rounds</i>
160g	Free-Range Beef Rump
10ml	NOMU BBQ Rub
20g	Green Leaves <i>rinsed</i>
50g	Cucumber <i>sliced into half-moons</i>
25g	Feta <i>drained</i>

From Your Kitchen

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

1. ROAST THOSE SWEET POTATOES Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and starting to crisp, shifting halfway.

2. BABY TOMATO PICKLE Place the halved baby tomatoes in a bowl with the Pickling Liquid and a drizzle of olive oil. Season, toss to coat, and set aside to marinate.

3. CRISPY ONION RINGS When the sweet potato wedges have 10 minutes to go, place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the onion rings for 2-3 minutes per side, shifting occasionally. On completion, they should be caramelised on the edges but still crunchy. Remove the pan from the heat. Remove the sweet potato from the oven, make some space on the tray, and add in the onion rings. Return to the oven and roast for 4-6 minutes until the onion rings are browned and crispy.

4. PAN FRY THE STEAK While the onions are in the oven, return the pan to a medium-high heat with another drizzle of oil if necessary. Pat the steak dry with some paper towel. When the pan is hot, sear the steak fat-side down for 3-5 minutes until the fat is crispy. Then, cook 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 1-2 minutes, baste the steak with a knob of butter and the BBQ Rub. Remove from the pan and set aside to rest for 5 minutes before slicing. Lightly season the slices.

5. ASSEMBLE THE SALAD Place the rinsed green leaves, cucumber half-moons, and drained feta in a bowl. Drain the marinating baby tomatoes, reserving the liquid. Add the baby tomatoes to the bowl of salad and drizzle over some of the reserved pickling mixture to taste. Toss to combine.

6. CLASSIC STEAK & CHIPS Plate up the caramelised sweet potato wedges alongside the juicy slices of beef rump. Serve the crunchy onion rings and fresh, nourishing salad on the side. Tuck in, Chef!



Chef's Tip

Sweet potatoes are rich in fibre, which stabilises digestion and absorption. This helps to reduce blood sugar spikes and keep you feeling fuller for longer!

Nutritional Information

Per 100g

Energy	443kj
Energy	106Kcal
Protein	6.1g
Carbs	10g
of which sugars	4.8g
Fibre	1.4g
Fat	2.9g
of which saturated	1.3g
Sodium	161mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days