



# UCOOK

## Saloon Rump & Creamed Spinach

with crème fraîche, garlic & roast sweet potato

Steak, sweet potato, and creamed spinach; a classically delicious dinner to nourish and invigorate! This juicy rump is enhanced with crème fraîche wilted spinach and a crunchy salad to provide a fresh finish.

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**Hands-On Time:** 30 minutes

**Overall Time:** 60 minutes

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**Serves:** 3 People

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**Chef:** Samantha Finnegan

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♥ Health Nut

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🍷 Haute Cabrière | von Arnim Family Reserve

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## Ingredients & Prep

750g	Sweet Potato <i>rinsed &amp; cut into bite-sized chunks</i>
30g	Sunflower Seeds
60g	Salad Leaves <i>rinsed</i>
150g	Cucumber <i>cut into half-moons</i>
225g	Spinach <i>rinsed &amp; roughly shredded</i>
2	Onions <i>1½ peeled &amp; finely diced</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
90ml	Crème Fraîche
480g	Free-range Beef Rump Steak
15ml	NOMU Beef Rub

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 200°C. Spread out the sweet potato chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

**2. TOSS 'N TOAST!** Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Place the rinsed salad leaves and cucumber half-moons in a bowl. Add 15ml of olive oil and some seasoning and toss to coat.

**3. WILT** When the sweet potato reaches the halfway point, return the pan to a medium high heat with a drizzle of oil. When hot, saute the shredded spinach for 4-5 minutes until wilted. Remove from the heat.

**4. CREAMY** Wipe down the pan and return to a medium heat with a drizzle of oil. When hot, sauté the diced onion for 4-5 minutes until soft and translucent. Add the grated garlic and fry for 30-60 seconds until fragrant, shifting constantly. Return the spinach to the pan, add in the crème fraîche and 125ml of warm water and stir to combine. Reduce the heat to low and simmer for 4-5 minutes until thickening. If it's too thick, just loosen with a splash of warm water. Remove from the heat and season.

**5. STEAK** Place a large pan over a medium-high heat with a drizzle of oil. Pat the steaks dry with paper towel. When the pan is hot, sear the steaks fat-side down, for 3-5 minutes until crispy. Then, fry for 2-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the steaks) In the final 1-2 minutes, baste with a knob of butter and the Beef rub. Remove from the pan and set aside to rest for 5 minutes before thinly slicing and lightly seasoning with salt and pepper.

**6. DELIGHTFUL** Plate the sweet potato alongside the creamed spinach and juicy rump slices. Garnish the salad with the toasted sunflower seeds and serve on the side. Would you look at that, 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	487kJ
Energy	116Kcal
Protein	6.6g
Carbs	8g
of which sugars	3.3g
Fibre	1.5g
Fat	4.2g
of which saturated	1.8g
Sodium	155mg

## Allergens

Dairy, Allium

Cook  
within  
4 Days