



WCOOK

Beef & Loaded Wedges

with mozzarella cheese & fresh oregano

Hands-on Time: 20 minutes

Overall Time: 35 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!