



# UCOOK

## Rump & Black Pepper Sauce

with roasted sweet potato wedges & a cucumber salad

A mouthwatering sauce can really make a meal. In this recipe, the ingredients are taken up a taste level with a creamy crushed black pepper, beef stock, garlic & crème fraîche sauce. This delectable combination is drizzled over juicy rump steak slices that are sided with rosemary-infused oven roasted sweet potato wedges and a simple green salad to balance the richness.

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**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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 Fan Faves

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 Vergelegen | Reserve Merlot

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## Ingredients & Prep

|      |                                                             |
|------|-------------------------------------------------------------|
| 500g | Sweet Potato<br><i>rinsed &amp; cut into wedges</i>         |
| 5g   | Fresh Rosemary<br><i>rinsed</i>                             |
| 10g  | Pecan Nuts<br><i>roughly chopped</i>                        |
| 10ml | Beef Stock                                                  |
| 20ml | Willow Creek Cabernet<br>Sauvignon Vinegar                  |
| 40g  | Green Leaves<br><i>rinsed</i>                               |
| 100g | Cucumber<br><i>rinsed &amp; sliced into<br/>matchsticks</i> |
| 320g | Free-range Beef Rump                                        |
| 1    | Garlic Clove<br><i>peeled &amp; grated</i>                  |
| 10ml | Crushed Black Pepper                                        |
| 60ml | Crème Fraîche                                               |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter (optional)

**1. SWEET ON SWEET POTATO** Preheat the oven to 200°C. Spread the sweet potato wedges and the rinsed rosemary on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

**2. POPPIN' PECANS** Place the chopped pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. PREP STEP** Boil the kettle. Dilute the stock with 80ml of boiling water. Set aside. In a bowl, combine the vinegar, 2 tbsp of olive oil, seasoning, and 2 tsp of sweetener. Just before serving, toss through the rinsed green leaves and the cucumber matchsticks.

**4. JUICY RUMP** When the sweet potato reaches the halfway mark, return the pan to a 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. Fry each side until cooked to your preference, 2-4 minutes. This may depend on the thickness of the steak. During the final 1-2 minutes, baste with a knob of butter (optional). Remove from the heat and rest for 5 minutes before slicing. Lightly season.

**5. SAUCE & SALAD** Return the pan to a medium heat with a drizzle of oil or knob of butter (optional). When hot, sauté the grated garlic and the crushed black pepper (to taste) until fragrant, 30-60 seconds. Stir in the diluted stock and simmer until slightly reduced, 3-4 minutes. Remove from the heat, whisk in the crème fraîche, and season.

**6. ET VOILÀ!** Dish up the juicy slices of steak and drizzle over the creamy black pepper sauce. Serve the roasted sweet potato wedges and the dressed salad on the side. Sprinkle over the toasted pecans. You can't beat the classics!



## Chef's Tip

Air fryer method: Coat the sweet potato wedges and rosemary in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 595kj   |
| Energy             | 142kcal |
| Protein            | 7.6g    |
| Carbs              | 9g      |
| of which sugars    | 3.4g    |
| Fibre              | 1.4g    |
| Fat                | 5.9g    |
| of which saturated | 2.4g    |
| Sodium             | 88mg    |

## Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook  
within  
4 Days