



# UCOOK

## Emmental Sauce & Beef Rump

with potato wedges & a side salad

A delicious weeknight dinner the whole family will love! NOMU-spiced, oven-roasted potato wedges are accompanied by scrumptious butter-basted beef rump slices drizzled with a silky Emmental cheese sauce. Sided with a fresh green leaf & toasted sunflower seed salad.

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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Fan Faves

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Bertha Wines | Bertha Shiraz 2021

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## Ingredients & Prep

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600g	Potato <i>rinse &amp; cut into wedges</i>
15ml	NOMU Italian Rub
30g	Sunflower Seeds
480g	Free-range Beef Rump
60g	Emmental Cheese
30ml	Cake Flour
300ml	Low Fat UHT Milk
60g	Green Leaves
30ml	Balsamic Vinegar

## From Your Kitchen

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

**1. ROAST WEDGES** Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

**2. SUNNY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. SEAR THE STEAK** When the roast has 10-15 minutes remaining, return the pan to 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. CHEESE SAUCE** Grate the cheese. Place a small pot over medium heat with 30g of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, add the grated cheese and stir until melted. Season and remove from the heat. Add a splash of water or milk (optional) if the sauce is too thick.

**5. FRESH LEAVES** Rinse the green leaves. In a bowl, combine the rinsed green leaves, the toasted sunflower seeds, the vinegar, a drizzle of olive oil, and seasoning.

**6. DINNER IS SERVED** Plate up the roasted wedges and the steak slices. Drizzle the cheese sauce over the steak. Side with the fresh salad. Well done, Chef!

## Chef's Tip

Air fryer method: Coat the potato wedges in oil, the NOMU rub, and seasoning. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

## Nutritional Information

Per 100g

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Energy	577kJ
Energy	138kcal
Protein	10g
Carbs	9g
of which sugars	1.7g
Fibre	1.2g
Fat	4.9g
of which saturated	1.9g
Sodium	54mg

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## Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat  
Within  
4 Days