



UCOOK

Beef Rump & Mushie Sauce

with sweet potato mash & a fresh leaf
salad

Juicy beef rump slices are drizzled with a dreamy cheesy mushroom sauce and served with smooth mashed sweet potato, sided with a lemony green leaf salad. This classic dish is always a top contender for dinner of the week!


Hands-On Time: 10 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Robertson Winery | Cabernet Sauvignon

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Ingredients & Prep

250g	Sweet Potato <i>peeled & cut into bite-sized chunks</i>
125g	Button Mushrooms <i>wiped clean & roughly sliced</i>
10ml	Self-raising Flour
60ml	Almond Milk
50g	Grated White Cheddar
160g	Free-range Beef Rump
20g	Green Leaves <i>rinsed</i>
1	Lemon <i>cut into wedges</i>
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. MASH POTATO Place a pot of cold, salted water over a high heat. Add the sweet potato chunks and bring to a boil. Once boiling, reduce the heat and simmer for 10-15 minutes until soft. Drain on completion and mash with a potato masher or fork until smooth. Then, stir through a knob of butter. Season to taste.

2. GOLDEN MUSHIES Place a nonstick pan over a medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the sliced mushrooms for 3-5 minutes until soft and golden, shifting as they colour.

3. CREAMY CHEESE SAUCE Place a small pot over a medium heat with 15g of butter. Once melted, vigorously mix in the flour to form the roux. Cook out for 1-2 minutes, stirring constantly. Slowly whisk in the milk. Once the milk is incorporated, add the grated cheese and stir until melted. Season to taste with salt, pepper, and a sweetener of choice (optional) and remove from the heat. Add the fried mushrooms and cover to keep warm, whisking in a splash of warm water if it's too thick before serving.

4. SIZZLING RUMP Return the pan to a medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When the pan is hot, sear the steak 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 steak). During the final 1-2 minutes, baste with a knob of butter. Remove from the pan on completion and allow to rest for 5 minutes before slicing. Lightly season the slices.

5. DRESS THE SALAD In a bowl, toss the rinsed green leaves with a squeeze of lemon juice (to taste), seasoning, and a drizzle of olive oil.

6. INDULGE YOURSELF! Dish up the silky mash potato and the beef rump slices. Pour over the cheesy mushroom sauce and serve the lemony salad on the side. Garnish with fresh parsley and a lemon wedge. Yummy!

Nutritional Information

Per 100g

Energy	479kJ
Energy	115Kcal
Protein	8g
Carbs	8g
of which sugars	2.9g
Fibre	1.4g
Fat	4g
of which saturated	1.8g
Sodium	77mg

Allergens

Gluten, Dairy, Wheat, Tree Nuts

Cook
within
4 Days