



UCOOK

Saucy Beef & Creamy Polenta

with Italian-style hard cheese & aromatic oregano

Juicy beef rump chunks are added to a delicious and flavourful thick tomato, red wine & garlic sauce. Once all cooked together, this lusciousness is spooned over the creamiest, cheesiest polenta base, before being sprinkled with fresh fragrant oregano leaves. Winter has nothing on this dish!

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jeannette Joynt

 Fan Faves

 No paired wines

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Ingredients & Prep

| | |
|-------|--|
| 160g | Free-range Beef Rump |
| 10ml | NOMU Italian Rub |
| 1 | Onion <i>½ peeled & roughly diced</i> |
| 1 | Garlic Clove <i>peeled & grated</i> |
| 30ml | Red Wine |
| 5ml | Beef Stock |
| 100ml | Tomato Passata |
| 100ml | Polenta |
| 30ml | Grated Italian-style Hard Cheese |
| 30ml | Crème Fraîche <i>Crème Fraîche</i> |
| 4g | Fresh Oregano <i>rinsed & picked</i> |

From Your Kitchen

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

1. SEARED RUMP Boil the kettle. Place a pan over medium-high heat with a drizzle of oil. Pat the rump dry with paper towel and cut into bite-sized chunks. When hot, sear the rump chunks until browned, 2-3 minutes (shifting occasionally). In the final minute, baste with a knob of butter and ½ the NOMU rub. Remove from the pan and season. (S3&4: You may need to do this step in batches.)

2. START THE SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-6 minutes (shifting occasionally). Add the grated garlic and the remaining rub and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the red wine and simmer until almost evaporated, 1-3 minutes. Add the beef stock, 150ml of boiling water, and the tomato passata. Mix until combined and simmer until slightly thickened, 8-10 minutes (stirring occasionally). In the final 2-3 minutes, add the browned rump chunks. Add a sweetener and seasoning.

3. CREAMY POLENTA Bring a pot with 400ml of water to a boil. Slowly whisk in the polenta until there are no lumps. Reduce the heat and cook until the polenta is soft and creamy, 5-8 minutes (whisking often). Remove the pot from the heat and stir through a knob of butter, the grated cheese, the crème fraîche, and seasoning. Loosen with a splash of warm water if necessary.

4. STEAMY DREAMY DINNER! Bowl up a generous helping of the creamy polenta and spoon over the saucy beef rump. Sprinkle over the picked oregano. Dig in, Chef!



Chef's Tip

When the polenta is too thick to whisk, use a wooden spoon to stir while it continues to cook.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 750kj |
| Energy | 179kcal |
| Protein | 9.9g |
| Carbs | 16g |
| of which sugars | 2.2g |
| Fibre | 1.7g |
| Fat | 5.9g |
| of which saturated | 2.7g |
| Sodium | 168mg |

Allergens

Egg, Dairy, Allium, Sulphites, Alcohol

Cook
within
4 Days