



# 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!

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**Hands-on Time:** 30 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Jeannette Joynt

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 Fan Faves

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 No paired wines

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## Ingredients & Prep

640g	Free-range Beef Rump
40ml	NOMU Italian Rub
2	Onions <i>peeled &amp; roughly diced</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
125ml	Red Wine
20ml	Beef Stock
400ml	Tomato Passata
400ml	Polenta
125ml	Grated Italian-style Hard Cheese
120ml	Crème Fraîche
15g	Fresh Oregano <i>rinsed &amp; 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, 3-4 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, 6-8 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, 600ml of boiling water, and the tomato passata. Mix until combined and simmer until slightly thickened, 12-15 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 1,6L 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, 8-10 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