



UCOOK

Italian-style Beef Steak & Gremolata

with roasted butternut & a tomato salad

Beef rump steak is seared to perfection and given a classic Italian makeover. The beef is basted in a delicious wine & tomato passata sauce and garnished with a gremolata made from fresh parsley, lemon zest & garlic. Served with roasted butternut and a salad of tomatoes, olives, and feta tossed in a lemon vinaigrette.


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Rhea Hsu

Adventurous Foodie

 Bertha Wines | Bertha Shiraz 2021

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
1	Onion <i>peel, finely slice ¼ & cut ¾ into wedges</i>
3g	Fresh Parsley
3g	Fresh Oregano
1	Garlic Clove
1	Lemon
20g	Pitted Black Olives <i>drain</i>
1	Tomato <i>rinse</i>
30g	Danish-style Feta <i>drain</i>
160g	Free-range Beef Rump Steak
30ml	White Wine
100ml	Tomato Passata

From Your Kitchen

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

1. BUTTERNUT Preheat the oven to 200°C. Spread the butternut half-moons and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. PREP STEP Rinse and pick the parsley and the oregano. Finely chop the parsley and roughly chop the oregano. Peel and grate the garlic clove. Zest the lemon and cut into wedges. Cut the drained olives in half and the rinsed tomatoes into bite-sized pieces.

3. LA LA GREMOLATA In a small bowl, combine the chopped parsley, ½ the grated garlic (to taste), and the lemon zest. Set aside.

4. CLASSIC COMBO In a small bowl, combine ½ the chopped oregano, the juice of 1 lemon wedge, a drizzle of olive oil, a sweetener (to taste), and seasoning. Set aside. In a salad bowl, combine the tomato chunks, the halved olives, the sliced onion (to taste), and the feta. Just before serving, toss the lemon vinaigrette through the salad.

5. HELLO STEAK! Place a pan over 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 but not cooked through, 1-2 minutes per side. Remove from the pan and set aside.

6. SIMMERING SAUCE Return the pan to medium heat with a drizzle of oil. When hot, add the remaining garlic, the remaining oregano, and the wine. Cook until the wine has almost evaporated, 30-60 seconds (shifting frequently). Add the tomato passata, 40ml of water, a sweetener (to taste), and seasoning. Simmer until slightly thickened, 2-3 minutes (stirring occasionally). Add the seared steak to the pan and baste with the sauce, 1-2 minutes per side (for medium-rare). Remove from the pan and rest for 5 minutes before slicing and seasoning.

7. BUON APPETITO Plate up the steak slices and drizzle with the tomato sauce. Scatter over the gremolata (to taste) and drizzle over a little olive oil. Side with the roasted butternut & onion and the salad. Serve with any remaining lemon wedges.



Chef's Tip

Air fryer method: Coat the butternut half-moons in oil and season. Air fry at 200°C until crispy, 15-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	368kj
Energy	88kcal
Protein	5.8g
Carbs	6g
of which sugars	2.2g
Fibre	1.5g
Fat	2.6g
of which saturated	1.1g
Sodium	72mg

Allergens

Allium, Sulphites, Alcohol, Cow's Milk

Eat
Within
4 Days