



UCCOOK

Groote Post's Truffle Beef

with silky mash & a side salad

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Groote Post Winery

Wine Pairing: Groote Post Winery | Groote Post Old Man's Blend Red Blend

Nutritional Info

	Per 100g	Per Portion
Energy	572kJ	2614kJ
Energy	137kcal	625kcal
Protein	10.1g	46.3g
Carbs	11g	49g
of which sugars	2g	9.1g
Fibre	2.1g	9.4g
Fat	5.6g	25.7g
of which saturated	2.4g	10.9g
Sodium	74mg	340mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1

[Serves 2]

200g	400g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
10g	20g	Almonds
150g	300g	Beef Strips
20g	40g	Green Leaves <i>rinse</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
7,5ml	15ml	Balsamic Vinegar
1	1	Garlic Clove <i>peel & grate</i>
3g	5g	Fresh Thyme <i>rinse</i>
40ml	80ml	Crème Fraîche
5ml	10ml	Truffle Zest

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. MASH-IVE FLAVOUR! Place the potato pieces in a pot of salted water. Boil until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional), a splash of water or milk (optional) and mash with a fork, season, and cover.

2. ALL THE ALMONDS Boil the kettle. Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. BROWNE D BEEF STRIPS Return the pan to high heat with a drizzle of oil. Pat the beef strips dry with paper towel. Sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season.

4. NUTTY SALAD To a salad bowl, add the green leaves. Toss together with tomatoes, ½ the toasted nuts, the balsamic vinegar, a drizzle of olive oil and seasoning. Set aside.

5. TRUFFLE & THYME Return the pan to medium heat with a drizzle of oil and a knob of butter. Fry the garlic and thyme sprigs until fragrant, 30-60 seconds (shifting constantly). Discard the thyme sprigs and remove from the heat. Mix through the crème fraîche and loosen with boiling water in 10ml increments. Add the cooked beef, truffle zest, and seasoning.

6. TIME TO ENJOY Serve up the silky mash and top with the truffle-laced creamy beef. Add the dressed salad alongside and finish with the remaining nuts.