



UCOOK

Beef Rump Pot Pie

with homemade herbed shortcrust pastry


Step up your chef game with this rustic beef pot pie! It's as easy as 1, 2, 3 when it comes to making your own homemade flakey shortcrust pastry, under which tender beef rump pieces swim in a rich red wine and thyme sauce, just waiting to be devoured. Accompanied by a light, fresh salad, you'll be hoping the mouthfuls never end!


Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Isabella Melck

 Adventurous Foodie

 Stellenzicht | Tristone Cabernet Sauvignon

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Ingredients & Prep

260ml	Herbed Flour <i>(250ml Cake Flour & 10ml NOMU Italian Rub)</i>
50g	Butter <i>cut into small cubes</i>
1	Onion <i>½ peeled & finely diced</i>
120g	Carrot <i>trimmed, peeled & finely diced</i>
150g	Free-range Beef Rump Strips <i>cut into bite-sized chunks</i>
5ml	NOMU Roast Rub
50ml	Red Wine
10ml	Beef Stock
5ml	Dried Thyme
10ml	Tomato Paste
40g	Peas
20g	Salad Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Cling Wrap
Egg/s
Milk
Paper Towel

1. PREP THE PASTRY Preheat the oven to 200°C. Boil a full kettle. Place 160ml (about $\frac{2}{3}$) of the herbed flour in a bowl. Using your fingers, rub the butter cubes into the flour. The final mixture should look like coarse breadcrumbs. In a separate bowl, whisk 1 egg and a pinch of salt. Using a fork, mix $\frac{1}{2}$ of the egg into the flour mixture. Using your hands, bring the dough together. You don't want to over knead the mixture! Wrap in cling wrap and set aside in the fridge.

2. PIE FILLING Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion and diced carrot until golden, 4-5 minutes (shifting occasionally). Pat the beef dry with paper towel. Add the beef chunks and the NOMU rub, and fry until starting to colour, 2-3 minutes (shifting occasionally). Whisk in 1 tsp of the remaining flour and the red wine until the flour is fully incorporated. Add the beef stock, the dried thyme, 100ml of boiling water, and the tomato paste. Simmer, uncovered, until the beef is soft and the sauce has reduced, 4-5 minutes. If the beef is not soft, add another splash of water and continue simmering until soft. Season and set aside.

3. POT PIE PERFECTION Sprinkle some of the remaining flour on a flat surface. Remove the pastry from the fridge and place on top of the sprinkled flour. Dust a rolling pin (or bottle!) and roll out the dough to 5mm thick. Spoon the pie filling into either individual ramekins or a larger 20-30cm oven-proof dish. Carefully lay the rolled out shortcrust pastry on top of the pie filling, trim off any extra, and push down the edges to seal. Lightly brush the top of the pastry with milk and use a knife to pierce a hole in the center of the pastry. Bake in the hot oven until the pastry is golden and cooked through, 15-20 minutes.

4. FRESHNESS Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain and place in a bowl. Just before serving, add the rinsed salad leaves to the bowl along with a drizzle of olive oil and seasoning.

5. I SPY A DELICIOUS PIE! Serve up a hearty helping of beef pot pie, side with the fresh salad, and dig in!



Chef's Tip

Get decorative with any remaining pastry by cutting it into shapes and using water or milk to stick it to the top of the pie pastry before baking!

Nutritional Information

Per 100g

Energy	879kj
Energy	210kcal
Protein	7.9g
Carbs	24g
of which sugars	2.2g
Fibre	2g
Fat	7.5g
of which saturated	3.7g
Sodium	157mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook
within 3
Days