

UCCOOK

Sumptuous Steak Dinner

with free-range beef rump, buttery green beans & a garden salad

This wholesome dinner combo is a South African favourite – and for good reason! A flavourful rump steak basted with garlic and butter, crisp roast sweet potato, snappy green beans, and a baby tomato salad. What could be better?


Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Runet Van Heerden

♥ Health Nut

 Warwick Wine Estate | Professor Black Pitch Black

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into wedges</i>
5ml	NOMU African Rub
30ml	Pickling Liquid <i>(20ml Red Wine Vinegar & 10ml Honey)</i>
80g	Baby Tomatoes <i>rinsed & halved</i>
100g	Green Beans <i>rinsed, trimmed & halved</i>
160g	Free-range Beef Rump
1	Garlic Clove <i>peeled & grated</i>
20g	Salad Leaves <i>rinsed</i>
40g	Danish-style Feta <i>drained</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Tinfoil
Butter

1. FRAGRANTLY SPICED WEDGES Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray. Coat in oil, the African Rub to taste, and a little seasoning. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. LET'S GET PICKLED! Place the pickling liquid in a salad bowl and combine with a small splash of water. Toss through the halved baby tomatoes, season, and set aside to pickle.

3. SIZZLE THE GREEN BEANS Place a nonstick pan over a medium heat with a drizzle of oil and a knob butter. When hot, sauté the halved green beans for 2-3 minutes until lightly charred but still crunchy. On completion, transfer to a bowl and season. Cover to keep warm and set aside for serving.

4. SKILLET STEAK When the sweet potato has 15 minutes remaining, return the pan to a medium-high heat with another drizzle of oil. Pat the steak dry with paper towel. When the pan is hot, sear the steak fat-side down for 3-5 minutes until the fat is crispy. Then, fry for 2-4 minutes per side or until cooked to your preference. (This time frame may depend on the thickness of the steak.) During the final 1-2 minutes, baste with a knob of butter and the grated garlic. On completion, place in a piece of tinfoil and pour in the pan juices. Close up tightly and set aside to rest for 5 minutes.

5. THE DRESSING & THE SALAD Drain the pickling liquid from the tomatoes and combine with 10ml of olive oil. Add more seasoning if necessary and set aside for serving. Add the rinsed salad leaves to the bowl of tomatoes and toss together. Thinly slice the steak, reserving the juices, and lightly season the slices.

6. A SUPPER CLASSIC Lay out the gorgeous slices of rump and pour over the reserved meat juices to taste. Next to them, dish up the sweet potato wedges and buttery green beans. Serve the garden salad on the side with crumbles of drained feta and drizzles of dressing. Finish off by garnishing with the chopped parsley. Great work!



Chef's Tip

To make the salad dressing, place the ingredients in a clean jar, close the lid up tight, and shake, shake, shake! Using a jar emulsifies the dressing much more successfully than just mixing it in a bowl!

Nutritional Information

Per 100g

Energy	466kj
Energy	111Kcal
Protein	6.9g
Carbs	9g
of which sugars	4.7g
Fibre	1.6g
Fat	3.2g
of which saturated	1.5g
Sodium	148mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days