



UCOOK

Dazzling Beef Rump

with a garlic butter basting & Cajun potato wedges

A steak-and-wedges combo is hard to outdo, but this snazzy rendition is extra fine! Sumptuous garlic butter rump, potato wedges roasted in Cajun spice, sautéed spinach, and a crisp salad coated in honey and lemon dressing.

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett

 Easy Peasy

 Warwick Wine Estate | First Lady Cabernet Sauvignon

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Ingredients & Prep

200g	Potato <i>rinsed & cut into wedges</i>
5ml	NOMU Cajun Rub
10g	Pumpkin Seeds
5ml	NOMU Chipotle Flakes
10ml	Honey
1	Lemon <i>½ cut into wedges</i>
1	Garlic Clove <i>peeled & grated</i>
160g	Free-range Beef Rump
100g	Spinach <i>rinsed & roughly shredded</i>
20g	Green Leaves <i>rinsed</i>
20g	Radish <i>rinsed & sliced into thin rounds</i>

From Your Kitchen

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

1. START THE WEDGES Preheat the oven to 200°C. Weigh out 20g of butter and set aside to come to room temperature. Spread out the potato wedges on a roasting tray. Coat in oil, a little seasoning, and the Cajun Rub to taste. Roast in the hot oven for 30-35 minutes.

2. LITTLE GREEN SEEDS Place a nonstick pan over a medium heat. When hot, toast the seeds for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool.

3. YOU'RE HALFWAY! When the potatoes reaches the halfway mark, give them a shift and sprinkle over the chipotle chilli flakes to taste. Return to the oven for the remaining roasting time until cooked through and crisping up. For the dressing, whisk together the honey, 10ml of olive oil, and the juice of 1 lemon wedge. Season to taste and set aside for step 5.

4. BUTTER UP YOUR RUMP Combine the softened butter with the grated garlic. Pat the steak dry with paper towel and coat in oil. Return the pan to a medium-high heat. When hot, sear the steak fat-side down for 2-3 minutes until crispy. Fry for 2-4 minutes per side or until cooked to your preference. (The time this takes will depend on the thickness of the steak.) In the final minute, baste with the garlic butter. Remove the steak from the pan and set aside to rest for 5 minutes. Pour out ½ of the garlic butter juices and set aside for serving, leaving the remaining juices in the pan.

5. TIME TO TIE THINGS UP Return the pan to a medium-high heat. Sauté the shredded spinach for 3-4 minutes until wilted and coated in juices. Remove the pan from the heat on completion. Place the rinsed green leaves and sliced radish in a bowl. Toss through the dressing to taste until coated. Thinly slice the steak and season.

6. RAZZLE-DAZZLE DINNER Make a bed of sautéed spinach, lay the tender slices of rump on top, and drizzle over the reserved garlic butter juices to taste. Side with the spicy wedges and crunchy salad. Finally, garnish with the toasted pumpkin seeds. Look at you go, Chef!



Chef's Tip

If the honey is too hard to mix, pop it in the microwave for 5-10 seconds before use. 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 it much more successfully than just mixing it in a bowl!

Nutritional Information

Per 100g

Energy	470kJ
Energy	112Kcal
Protein	8.1g
Carbs	10g
of which sugars	3.1g
Fibre	1.9g
Fat	2.3g
of which saturated	0.7g
Sodium	216mg

Allergens

Dairy, Allium

Cook
within
4 Days