



UCOOK

Oyster Rump Steak

with seasonal greens & sweet potato

Keep it light and supremely tasty with this beautifully marinated rump steak served with vibrant seasonal greens and sweet potato chunks. A real winner!

Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: John Van Zyl

♥ Health Nut

🍷 Niel Joubert | Reserve Shiraz

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into bite-sized chunks</i>
30ml	Asian Sauce <i>(5ml Sesame Oil & 25ml Oyster Sauce)</i>
1	Fresh Chilli <i>deseeded & finely chopped</i>
1	Garlic Clove <i>peeled & grated</i>
10g	Fresh Ginger <i>peeled & grated</i>
160g	Free-range Beef Rump
5ml	White Sesame Seeds
1	Onion <i>½ peeled & wedged</i>
100g	Broccoli Florets <i>cut into bite-sized pieces</i>
20g	Spinach <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. ROAST SWEET POT Preheat the oven to 200°C. Spread out the sweet potato chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

2. MARINATION In a bowl, combine the Asian sauce, chopped chilli (to taste), grated garlic, grated ginger, and 15ml of water. Add the steak to the marinade, coat well and set aside.

3. FRY IT UP Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion. Return the pan to the heat with a drizzle of oil. When hot, add the onion wedges and fry for 3-4 minutes, shifting occasionally.

4. GORGEOUS GREENS Once the onions have softened and lightly charred, add the broccoli pieces. Toss through, adding more oil if needed. Cook for a further 3-4 minutes until the broccoli has slightly softened. Remove from the heat on completion.

5. SIZZLIN' STEAKS Place a griddle pan or nonstick pan over a medium-high heat with a drizzle of oil. Remove the steak from the marinade, reserving the marinade in the bowl. When the pan is hot, sear the steak fat-side down, for 3-5 minutes until 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). Remove from the pan on completion and allow to rest for 5 minutes before slicing and lightly seasoning.

6. BACK TO THE GREENS Add the reserved beef marinade to the broccoli and onions. Return the pan to a medium heat and fry for 1-2 minutes or until heated through. Season to taste (be careful - the marinade is salty) and toss through the rinsed spinach until wilted.

7. TIME TO EAT! Serve the juicy steak slices alongside the flavoursome green veggies and roast sweet potato. Pour over any pan juices and sprinkle with toasted sesame seeds. Dig in!

Nutritional Information

Per 100g

Energy	449kJ
Energy	107Kcal
Protein	6.7g
Carbs	9g
of which sugars	3.4g
Fibre	1.7g
Fat	2.8g
of which saturated	0.7g
Sodium	214mg

Allergens

Gluten, Allium, Sesame, Shellfish,
Wheat, Sulphites, Soy

Cook
within
4 Days