



# UCOOK

## Savanna's French Beef Au Poivre

**with butternut mash & sunflower seeds**

A juicy steak is served with a crème fraîche & crushed black peppercorn sauce. Accompanied by creamy butternut mash and a fresh artichoke & sunflower seed salad, this dish is a sophisticated and flavourful meal perfect for a special occasion. C'est magnifique, Chef!

---

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes


---

**Serves:** 3 People

---

**Chef:** Savanna

---

 Adventurous Foodie

---

 Stellenzicht | Tristone Cabernet Sauvignon

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

750g	Butternut <i>rinsed, deseeded, peeled (optional) &amp; cut into bite-sized pieces</i>
30g	Sunflower Seeds
480g	Free-range Beef Rump
22,5ml	NOMU Roast Rub
7,5ml	Crushed Black Pepper
15ml	Beef Stock
45ml	Crème Fraîche
60g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
75g	Artichokes Hearts <i>drained &amp; roughly chopped</i>
30ml	White Wine Vinegar

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Milk (optional)  
Paper Towel  
Sugar/Sweetener/Honey (optional)  
Butter

**1. MASH** Place the butternut pieces in a pot of salted water over medium-high heat. Bring to the boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

**2. SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. STEAK** When the butternut has 10 minutes remaining, return the pan to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the rump until browned all over, 6-8 minutes (shifting as it colours). In the final minute, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**4. SAUCE** Boil the kettle. Return the pan, wiped down, to medium heat with a knob of butter. Once melted, stir in the crushed black pepper, the beef stock, and 150ml of boiling water. Simmer until the sauce has reduced, 2-3 minutes. Remove from the heat and stir through the crème fraîche. Season, add a sweetener (optional), and cover.

**5. SALAD** In a bowl, combine the shredded salad leaves, the chopped artichokes, ½ the toasted sunflower seeds, the vinegar, a drizzle of olive oil, and seasoning.

**6. YUM!** Plate up the steak slices drizzled with the pepper sauce. Serve with the mash and the fresh salad. Sprinkle over the remaining seeds. Time to dine, Chef!



## Chef's Tip

If you notice your sauce is starting to split, slowly whisk in hot water. Vigorously whisk the sauce until it comes back together!

## Nutritional Information

Per 100g

Energy	517kJ
Energy	124kcal
Protein	8.4g
Carbs	7g
of which sugars	1.6g
Fibre	1.6g
Fat	3.9g
of which saturated	1.5g
Sodium	140mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within 3  
Days