



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: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Savanna

 Adventurous Foodie

 Stellenzicht | Tristone Cabernet Sauvignon

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Ingredients & Prep

250g	Butternut <i>rinsed, deseeded, peeled (optional) & cut into bite-sized pieces</i>
10g	Sunflower Seeds
160g	Free-range Beef Rump
7,5ml	NOMU Roast Rub
2,5ml	Crushed Black Pepper
5ml	Beef Stock
15ml	Crème Fraîche
20g	Salad Leaves <i>rinsed & roughly shredded</i>
25g	Artichokes Hearts <i>drained & roughly chopped</i>
10ml	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, 15-20 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 50ml 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