



UCOOK

Crispy Kale Salad & Beef Rump

with sweet potato mash

Succulent rump steak is served with a rustic sweet potato mash and a crispy kale & tomato salad (trust us, even if you don't like kale, you will love this salad!) This dish has all the dinner elements you could hope for: sustenance, texture, and flavour.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Megan Bure

 Quick & Easy

 Waterkloof | Circumstance Petit Verdor

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Ingredients & Prep

600g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
150g	Kale
2	Tomatoes
15g	Sunflower Seeds
480g	Free-range Beef Rump
15ml	NOMU Provençal Rub
100ml	Roasted Garlic Mayo

From Your Kitchen

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

1. RUSTIC MASH Preheat the oven to 200°C. Spread the sweet potato pieces on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until golden, 35-40 minutes (shifting halfway).

2. ALL HAIL, CRISPY KALE! Rinse and roughly shred the kale. Rinse and roughly dice 1½ tomatoes. Place the shredded kale on a separate roasting tray. Coat in oil and seasoning. Using your hands, massage the kale until softened and coated. When the sweet potato has 8-10 minutes remaining, pop the tray of kale into the hot oven for the remaining time until crisp.

3. SUNNY 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.

4. FINAL TOUCHES Place the roasted sweet potato in a bowl with a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork and cover. In a bowl, combine the diced tomato, the crispy kale, and seasoning.

5. SIZZLING STEAK Place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter (optional) and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

6. DINNER IS SERVED! Plate up the rustic mash. Side with the steak slices and the crispy kale and tomato salad. Sprinkle over the toasted sunflower seeds. Side with the mayo for dunking. Well done, Chef!

Chef's Tip

Air fryer method: Coat the sweet potato pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	436kJ
Energy	104kcal
Protein	7.7g
Carbs	7g
of which sugars	2.7g
Fibre	1.5g
Fat	2.7g
of which saturated	0.7g
Sodium	79mg

Allergens

Egg, Allium, Sulphites

Cook
within 3
Days