



U C O O K

— COOKING MADE EASY

SCRUMPTIOUS STEAK DINNER

with sweet potato wedges & crunchy onion rings

A restaurant classic at your own dinner table. Succulent beef rump, basted in BBQ spices and served with crispy wedges of roast sweet potato, charred onion rings, and a baby tomato and feta salad.

Hands-On Time: 25 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Runet Van Heerden

 **Easy Peasy**

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Ingredients & Prep

1kg	Sweet Potato <i>rinsed & cut into wedges (skin on)</i>
400g	Baby Tomatoes <i>rinsed & halved</i>
120ml	Pickling Liquid <i>(80ml Red Wine Vinegar & 40ml Honey)</i>
2	Onions <i>peeled & sliced into 1cm thick rounds</i>
640g	Free-Range Beef Rump
40ml	NOMU BBQ Rub
80g	Green Leaves <i>rinsed</i>
200g	Cucumber <i>sliced into half-moons</i>
100g	Feta <i>drained</i>

From Your Kitchen

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

1. ROAST THOSE SWEET POTATOES Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and starting to crisp, shifting halfway.

2. BABY TOMATO PICKLE Place the halved baby tomatoes in a bowl with the Pickling Liquid and a drizzle of olive oil. Season, toss to coat, and set aside to marinate.

3. CRISPY ONION RINGS When the sweet potato wedges have 10 minutes to go, place a large nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the onion rings for 2-3 minutes per side, shifting occasionally. On completion, they should be caramelised on the edges but still crunchy. You may need to do this step in batches. Decant the onion rings into a roasting tray and pop in the oven under the sweet potato. Roast for 4-6 minutes until browned and crispy.

4. PAN FRY THE STEAKS While the onions are in the oven, return the pan to a medium-high heat with another drizzle of oil if necessary. Pat the steaks dry with some paper towel. When the pan is hot, sear the steaks fat-side down for 3-5 minutes until the fat is crispy. Then, cook each side for 2-4 minutes, or until cooked to your preference. (The time this takes will depend on the thickness of the steaks.) During the final 1-2 minutes, baste the steaks with a knob of butter and the BBQ Rub. Remove from the pan and set aside to rest for 5 minutes before slicing. Lightly season the slices.

5. ASSEMBLE THE SALAD Place the rinsed green leaves, cucumber half-moons, and drained feta in a bowl. Drain the marinating baby tomatoes, reserving the liquid. Add the baby tomatoes to the bowl of salad and drizzle over some of the reserved pickling mixture to taste. Toss to combine.

6. CLASSIC STEAK & CHIPS Plate up the caramelised sweet potato wedges alongside the juicy slices of beef rump. Serve the crunchy onion rings and fresh, nourishing salad on the side. Tuck in, Chef!



Chef's Tip

Sweet potatoes are rich in fibre, which stabilises digestion and absorption. This helps to reduce blood sugar spikes and keep you feeling fuller for longer!

Nutritional Information

Per 100g

Energy	443kj
Energy	106Kcal
Protein	6.1g
Carbs	10g
of which sugars	4.8g
Fibre	1.4g
Fat	2.9g
of which saturated	1.3g
Sodium	161mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days