



UCCOOK

Grilled Rump Steak & Spicy Chilli Pesto

with a fresh cucumber, radish & hard cheese shavings salad

Presto, it's homemade pesto! Made from lemon, garlic, rocket, toasted seeds & chilli flakes, these ingredients are blended until it becomes a delicious drizzle for seared beef steak slices. Sharing your plate will be a smooth and creamy potato mash and a cucumber, radish & cheese shaving salad.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Talita Ngesi

 Adventurous Foodie

 Paserene | Dark Shiraz

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Ingredients & Prep

200g	Potato <i>peeled & cut into bite-sized pieces</i>
40g	Italian-style Hard Cheese <i>½ peeled into ribbons & ½ grated</i>
30g	Hazelnuts
1	Garlic Clove <i>peeled & grated</i>
20g	Rocket <i>rinsed</i>
1	Lemon <i>zested & cut into wedges</i>
5ml	Dried Chilli Flakes
160g	Free-range Beef Rump
20g	Radish <i>rinsed & sliced into thin rounds</i>
50g	Cucumber <i>rinsed & cut into half-moons</i>

From Your Kitchen

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

1. MASH Place the potato pieces into a pot of salted water. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional), the grated cheese, and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. TOAST Place the hazelnuts in a pan over medium heat. Toast until golden brown, 4-5 minutes (shifting occasionally). Remove from the pan and set aside.

3. HOMEMADE PESTO Return the pan to medium heat with a drizzle of oil. When hot, fry the grated garlic until fragrant, 30-60 seconds. Remove from the pan and add to the blender with ½ the rinsed rocket, the toasted nuts, lemon zest, a squeeze of lemon juice (to taste), and the dried chilli flakes (to taste). Add 40ml of olive oil and 20ml of water. Blend until smooth and season. Loosen with a splash of water if too thick.

4. SIZZLING RUMP Place a grill pan or return the pan to 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. QUICK SALAD In a bowl, add the remaining rocket, the sliced radish, the cucumber half-moons, the cheese ribbons, a squeeze of the remaining lemon juice (to taste), and a drizzle of oil. Toss to combine and season.

6. TIME TO EAT Plate up the creamy mash, side with the sliced steak, and the fresh salad. Drizzle the homemade pesto over the steak. Well done, Chef!

Nutritional Information

Per 100g

Energy	552kJ
Energy	132kcal
Protein	10.6g
Carbs	9g
of which sugars	1g
Fibre	2.2g
Fat	7.5g
of which saturated	1.9g
Sodium	62mg

Allergens

Egg, Dairy, Allium, Tree Nuts

Cook
within
4 Days