



UCOOK

Butter-basted Beef & Hasselback Potato

with a baby tomato salad

Tender beef steak is basted in butter & thyme, and served alongside a deliciously crispy hasselback potato and a baby tomato salad. It's a classic the entire fam will love, Chef!


Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 2 People

Chef: Hellen Mwanza

 Fan Faves

 Vergelegen | Premium Cabernet Sauvignon / Merlot

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Ingredients & Prep

400g	Potato <i>rinsed</i>
20g	Sunflower Seeds
320g	Free-range Beef Rump
5g	Fresh Thyme <i>rinsed</i>
20ml	Lemon Juice
40g	Green Leaves <i>rinsed</i>
160g	Baby Tomatoes <i>rinsed & cut into quarters</i>

From Your Kitchen

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

1. CRISPY 'TATOES Preheat the oven to 220°C. Place a rinsed potato between the handles of two wooden spoons. Cut slices, through to the spoon, a few mm apart. Repeat with the remaining potatoes. Place the hasselback potatoes, cut-side up, on a roasting tray. Coat in oil and season. Roast until cooked through and crisp, 45-50 minutes.

2. 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.

3. SEAR THE STEAK 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 1-2 minutes, baste with 40g of butter and the rinsed thyme. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. QUICK SALAD In a salad bowl, combine the lemon juice, a drizzle of olive oil, a sweetener, and seasoning. Toss through the rinsed green leaves and the quartered tomatoes.

5. TIME TO EAT Plate up the hasselback potato alongside the fresh salad topped with the toasted sunflower seeds. Side with the steak slices and all the plan juices. Cheers, Chef!



Chef's Tip

Air fryer method: Coat the potato in oil and season. Air fry at 200°C until crispy, 35-40 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	495kj
Energy	118kcal
Protein	9g
Carbs	8g
of which sugars	0.7g
Fibre	1.6g
Fat	3.3g
of which saturated	0.9g
Sodium	21mg

Allergens

Dairy

Cook
within
4 Days