



Peri Peri Rump Steak in Creamy Spiced Ricotta Sauce

with Cheesy Mashed Potato, Buttery Green Beans and Cavolo Nero

High Protein

Preparation time : 35 min.



- | | |
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|  |  |
| 21 Day Aged
British Rump Steaks | Potatoes |
|  |  |
| Onion | Green Beans |
|  |  |
| Garlic Clove | Peri Peri
Seasoning |
|  |  |
| Ricotta Cheese | Chopped Cavolo
Nero |
|  |  |
| Grated Hard
Italian Style Cheese | Sugar |
|  |  |
| Water for the
Sauce | Butter |



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/peri-peri-rump-steak-in-creamy-spiced-ricotta-sauce-403>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Medium Saucepan, Garlic Press, Large Saucepan, Colander, Pan, Potato Masher

Ingredients for 1-6 people

Ingredient	2p	3p	4p
21 Day Aged British Rump Steaks (grams)	250	375	500
Potatoes (grams)	450	700	900
Onion (unit(s))	1	2	2
Green Beans (grams)	80	160	160
Garlic Clove (unit(s))	2	3	4
Peri Peri Seasoning (sachet(s))	1	1½	2
Ricotta Cheese (grams)	100	150	200
Chopped Cavolo Nero (grams)	100	200	200
Grated Hard Italian Style Cheese (grams)	20	40	40
Sugar (tsp)	1	1½	2
Water for the Sauce (milliliter(s))	100	150	200
Butter (grams)	10	15	20

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	2691 kJ
Energy (kcal)	643 kcal
Fat	26.2 g
of which saturates	13.9 g
Carbohydrate	62.8 g
of which sugars	15.1 g
Dietary Fibre	11 g
Protein	43.7 g
Salt	2.92 g

Allergens

Egg, Mustard, Milk, Wheat, May contain traces of allergens, Soya, Celery, Barley, Cereals containing gluten, Sulphites

Always check the product labels for allergen information.



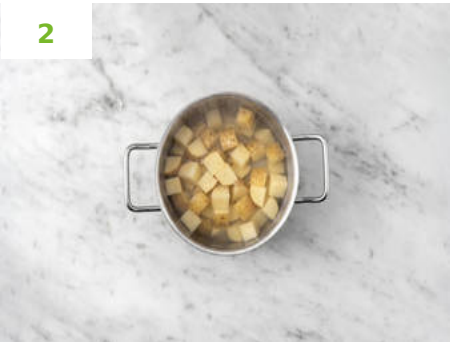
Start the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7. Remove the **steaks** from your fridge to allow them to come up to room temperature. Bring a large saucepan of **water** with ½ **tsp salt** to the boil. Chop the **potatoes** into 2cm chunks (peel first if you prefer). When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins. While the **potatoes** boil, halve, peel and thinly slice the **onion**.



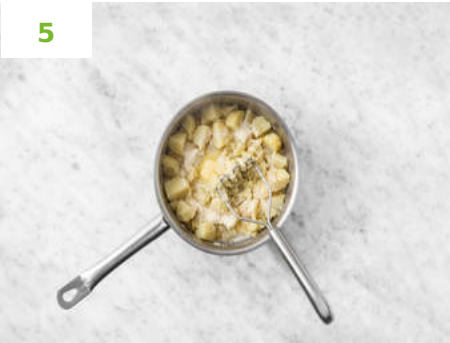
Bring on the Steaks

Heat a drizzle of **oil** in the (now empty) frying pan on high heat. Season the **steaks** with **salt** and **pepper**. Sprinkle over the remaining **peri peri seasoning**. Once very hot, lay the **steaks** into the pan and fry until browned and **medium-rare**, about 6-8 mins depending on their thickness. Turn halfway through. **TIP:** Cook each side for 1 min more if you like it more well done. Once cooked, transfer to a board, cover with foil and allow to rest for a couple of mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The steak is safe to eat when browned on the outside.



Build the Sauce

Heat a drizzle of **oil** in a medium saucepan on medium heat. Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins. Meanwhile, trim the **green beans**, then cut into thirds. Peel and grate the **garlic** (or use a garlic press). When the **onion** has softened, add **half** the **garlic**, **half** the **peri peri seasoning** and **sugar** (see pantry for amount) and cook until caramelised, 1-2 mins more. Stir the **ricotta** and **water for the sauce** (see pantry for amount) into the **onion**. Simmer until piping hot, 2-3 mins. Season well with **salt** and **pepper**, then remove from the heat and cover with a lid to keep warm.



Mash!

While the **steaks** fry and once the **potatoes** are cooked, drain them in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**, then stir in **half** the **hard Italian style cheese**.



Veg Time

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the remaining **garlic**, then turn the heat down to medium and cook for 1 min. Add the **cavolo nero** and a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** and **cavolo** are tender, 4-5 mins. Remove the pan from the heat, season with **salt** and **pepper** and stir in the **butter** (see pantry for amount) until melted. Transfer the **veg** to a bowl and set aside, covered to keep warm.



Serve

Once everything's ready, reheat the **sauce** if needed. Cut the **steaks** widthways into 2cm thick slices. Spoon the **spiced ricotta sauce** onto your serving plates and top with the **sliced steak**. Serve the **mashed potato** and **garlicky veg** alongside. Finish by sprinkling the remaining **cheese** over the **steak**.

Enjoy your meal!