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Tagliata with Rocket & Roasted Cherry Tomatoes

Tagliata is the authentic Italian way to enjoy steak; thinly sliced rump steak soaks up all the flavour in this dinner. Don't forget to allow the meat to rest for at least five minutes, so the juices stay in the tender steak and don't go spilling out onto the chopping board.



Prep: 5 mins

Cook: 45 mins

Total: 50 mins



level 1



high protein



lactose free

Pantry Items



Olive Oil



Balsamic Vinegar



Sweet Potato



Cherry Tomatoes



Garlic



Premium Beef Rump







Rocket Leaves

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2P	4P	Ingredients	
400 g	800 g	sweet potato, cut into 1 cm thick wedges	
1 ½ tbs	3 tbs	olive oil *	
½ punnet	1 punnet	cherry tomatoes	
3 cloves	6 cloves	garlic, unpeeled & whole	
1 steak	2 steaks	premium beef rump	
3 tsp	6 tsp	balsamic vinegar *	
1 bag	2 bags	rocket leaves, washed	

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	1900	Kj
Protein	37.9	g
Fat, total	18	g
-saturated	4.5	g
Carbohydrate	31.6	g
-sugars	14	g
Sodium	106	mg



You will need: *chef's knife, chopping board, aluminium foil, plate, small bowl, two oven trays lined with baking paper, tongs, fork and a medium frying pan.*

1 Preheat the oven to **200°C/180°C fan-forced**.

2 Toss the **sweet potato wedges** in half of the **olive oil** and season with **salt** and **pepper**. Place on one of the prepared oven trays and cook in the oven for **45 minutes** or until golden and tender. Toss the **cherry tomatoes** in half of the remaining olive oil and add to the remaining tray with the **garlic cloves**. Add to the oven in the last **25 minutes** of the potato cooking time.



3 Meanwhile, lightly oil the **premium beef rump steak** and season with salt and pepper. Heat a medium frying pan over a medium-high heat. Add the steak and cook for **2-3 minutes** on each side, for medium rare, or until cooked to your liking. Cooking times will vary depending on the thickness of your steak. Transfer the steak to a plate and cover with foil. Rest for **5 minutes**. Then cut into 1 cm thick slices.

Tip: Don't be tempted to skip resting the steak. It is an integral part of the cooking process to ensure your meat is tender.

4 Squeeze the flesh of one of the roasted garlic cloves into a small bowl. Add the **balsamic vinegar** and the remaining olive oil. Whisk with a fork until well combined. Season with salt and pepper. Toss the **rocket leaves** in the dressing and then divide between plates.



5 Top the rocket leaves with the cherry tomatoes and sliced beef rump. Serve with the sweet potato wedges and extra roasted garlic. Enjoy!

Did you know? Due to its high acetic acid content, vinegar aids in the absorption of calcium (which is especially useful for those who are lactose intolerant!).