

Rump Steak with Creamy Mushroom Sauce



what you need

- 4 x 125g John Penny rump steaks
- 750g sweet potatoes, washed and cut into wedges
- 4 tablespoons organic olive oil
- Freshly ground black pepper
- 75g butter
- 2 tablespoons olive oil
- 1 onion, peeled and finely chopped
- 1 garlic clove, crushed
- 150g baby button mushrooms, wiped and sliced
- 200g chestnut mushrooms, wiped and sliced
- 300g tub beef stock
- 1-2 tablespoons brandy
- 500g pot low fat natural yogurt

Cooking time: 65 mins

Serves: 4

how to cook

- 1 Preheat the oven to Gas 7, 220°C, fan 200°C, 425°F.
- 2 Place the sweet potato wedges into a roasting tin, drizzle over the olive oil and season. Place in the oven and cook for 35-40 minutes or until crispy.
- 3 For the mushroom sauce: Place the butter and oil in a large frying pan and heat, add the onion and garlic and sauté for 2-3 minutes, then add the mushrooms and sauté for a further 5-8 minutes.
- 4 In the meantime place the stock and brandy in a saucepan and reduce by half.
- 5 Remove half of the mushrooms from the frying pan, place in a food processor with the stock and process until smooth, finally add the yogurt and process once again.
- 6 Return this mixture to the pan with the reserved mushrooms. Preheat a grill or griddle pan and cook the steaks for 2-2½ minutes on each side for medium rare, 2½-3 minutes for medium and 3-3½ for well done.