



CHARGRILLED STEAK WITH KUMARA CAKES AND CORN ON THE COB

DIFFICULTY: Easy | SERVES: 4 | READY IN: 50 minutes

This summery meal of chargrilled steak with kumara cakes and corn on the cob can be cooked inside or outdoors on the barbecue. It's easy and yummy!



KUMARA CAKES

- 600g small orange kumara (1lb 5oz)
- 1 tsp olive oil
- 1/2 cup finely grated parmesan (40g)
- 1/2 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/4 cup plain, unsweetened yoghurt (60ml)
- 1/2 tsp smoked paprika
- 1/4 tsp ground cumin

STEAK

- 500g beef rump steak (1lb 2oz)
- 2 tsp olive oil

CORN ON THE COB

- 4 ears of corn
- 2 tsp butter
- 1/4 tsp smoked paprika

SALAD & SAUCE

- 2 tomatoes
- 1 avocado
- 60g Mediterranean or baby rocket (2.1oz)
- 1/4 cup lite sour cream (60ml)

1. COOK KUMARA

Preheat oven to 220°C (430°F) bake and line an oven tray with baking paper. Scrub kumara clean and pat dry. Rub oil over kumara and season with salt and pepper. Place on prepared tray; bake for 25 minutes.

2. PREPARE SALAD & SAUCE

Dice tomatoes and avocado. Divide rocket, tomatoes and avocado between individual serving plates. Whisk together yoghurt, sour cream, paprika and cumin. Season to taste with salt and pepper.

3. MAKE KUMARA CAKES

Place cooked kumara in a large bowl and roughly mash. Stir in two thirds of the parmesan, paprika and cumin. Season to taste with salt and pepper. Use your hands (let the mixture cool a little if needed) to shape into 8 patties. Place patties on oven tray and sprinkle with remaining parmesan. Bake for 15 minutes, until browned around edges.

4. COOK STEAK AND CORN

While kumara cakes cook, rub steak all over with oil and season with salt and pepper. Heat a large chargrill pan over medium-high heat and cook steak for 2-3 minutes each side, until cooked to your liking. Meanwhile, shuck corn, then microwave for 4 minutes. Remove steak to a wooden board, cover with foil and leave to rest. Chargrill microwaved corn for a couple of minutes, rotating every 30 seconds. Rub butter over corn and sprinkle over paprika. Season with salt and pepper.

5. SERVE

Place kumara cakes on serving plates with the salad and top with a dollop of sauce. Slice steak into strips and add to plates together with corn on the cob.



WINE MATCH: A Rosé.

CHARGRILLED STEAK WITH KUMARA CAKES RECIPE NOTES

GLUTEN-FREE OPTION: This meal is naturally gluten-free.

INGREDIENT NOTES / SWAPS: For firmer kumara (sweet potato) cakes, small red kumara could be used instead of orange kumara. You could use chicken thighs instead of steak - you will need to cook for longer, until they are fully cooked through.

MAKE IT EASIER: For an easier, quicker option, skip making the kumara cakes - just cut slits down the middle of each cooked kumara and fill with parmesan and prepared sauce.

ALTERNATIVE COOKING METHOD: You can use the barbecue for this meal. Wrap kumara individually in foil and cook on the barbecue, rotating every so often, until tender. Cooking time should be about the same. Kumara cakes can then be cooked on the flat barbecue plate. Steak and corn can be cooked on the grill section of the barbecue.

STORING AND REHEATING: Kumara cakes, steak and corn can be stored together in the fridge. Reheat together in the oven or on the barbecue. Store salad and sauce separately.