



UCCOOK

Chimichurri Rump Strips & Aubergine

with a zingy tomato salad

Aubergine wedges are roasted until golden and accompanied by Pesto Princess chimichurri-coated beef strips. A simple tomato salad is served alongside for some freshness, while sunflower seeds finish it off with a crunch.


Hands-on Time: 10 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Carb Conscious

 Waterford Estate | Waterford The Library
Collection Cabernet Franc 2017

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Ingredients & Prep

250g	Aubergine <i>rinsed, trimmed & sliced into wedges</i>
10ml	NOMU Provençal Rub
1	Tomato <i>rinsed & ½ diced</i>
10ml	Balsamic Vinegar
20ml	Pesto Princess Chimichurri Sauce
10g	Sunflower Seeds
150g	Free-range Beef Rump Strips
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Paper Towel

1. GOLDEN AUBS Preheat the oven to 220°C. Spread the aubergine wedges on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until softened and crisping up, 20-25 minutes (shifting halfway).

2. ZINGY TOMS In a bowl, combine the diced tomato, the vinegar, and seasoning. Set aside. Place the chimichurri in a bowl and loosen with a drizzle of olive oil.

3. SUNNY SEEDS When the aubergine has 10-15 minutes remaining, place a pan over medium heat with the sunflower seeds. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. AWESOME BEEF Return the pan to medium heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, fry the beef strips until browned, 2-4 minutes (shifting occasionally). In the final minute, baste the beef with the remaining NOMU rub and a knob of butter. Add the browned beef strips to the bowl with the chimichurri. Toss until coated and set aside.

5. BALSAMIC SALAD Just before serving, add the rinsed green leaves to the bowl with the tomatoes along with a drizzle of olive oil. Toss until fully combined.

6. DINNER IS SERVED! Plate up the roasted aubergine wedges alongside the chimichurri beef strips. Side with the zingy tomato salad. Sprinkle over the toasted sunflower seeds. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	428kj
Energy	106kcal
Protein	7.4g
Carbs	5g
of which sugars	2.8g
Fibre	2.1g
Fat	4g
of which saturated	0.8g
Sodium	139mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days