



UCOOK

Almond-Crusted Rump

with mustard, butternut chunks & gremolata

The rump with a Dijon crunch! Flavoursome steak baked in a Dijon mustard and ground almond crust. With sides of a tomato and rocket salad, parsley-packed gremolata, and of course, roast butternut chunks. A new twist on a timeless combo.

Hands-On Time: 20 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Klaudia Weixelbaumer

♥ Health Nut

🍷 Anthonij Rupert | L'Ormarins Brut Rosé
Vintage

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Ingredients & Prep

250g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
1	Lemon <i>½ zested & cut into wedges</i>
1	Garlic Clove <i>peeled & grated</i>
100g	Baby Tomatoes <i>rinsed & quartered</i>
30ml	Ground Almonds
160g	Free-range Beef Rump Steak
15ml	Dijon Mustard
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. THOSE WONDROUS CHUNKS Preheat the oven to 200°C. Place the butternut chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

2. MAKE THE GREMOLATA Place the chopped parsley, the juice of 1 lemon wedge, the grated garlic, some lemon zest, and 2 tsps of olive oil in a bowl. Mix until fully combined. In a separate bowl, place the quartered baby tomatoes with a drizzle of oil, a squeeze of lemon juice, and some seasoning. Toss to coat and set aside to marinate.

3. RUMP WITH A DIJON CRUNCH Place the ground almonds on a plate with some seasoning. When the butternut chunks are halfway, pat the steak dry with some paper towel. Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, sear the steak fat-side down for 3-5 minutes until the fat is crispy. Then, fry each side for 2-3 minutes until browned but not cooked through. Remove from the pan, smear the mustard on both sides and coat with ground almond. Place the coated rump on a greased roasting tray and pop in the oven to roast for 4-5 minutes until cooked through to your preference. (The time this takes will depend on the thickness of the steak.) Remove from the oven and rest for 5 minutes before slicing and lightly seasoning.

4. FRESH ELEMENTS Just before serving, toss the rinsed green leaves together with the marinated baby tomatoes. Add another drizzle of olive oil and more seasoning, if necessary.

5. DELISH DINS! Plate the butternut chunks and tangy salad alongside the slices of almond and mustard-crusting rump. Garnish with a lemon wedge and drizzle over the homemade gremolata. Beautiful and bountiful!

Nutritional Information

Per 100g

Energy	442kJ
Energy	106Kcal
Protein	7.5g
Carbs	7g
of which sugars	1.4g
Fibre	2.2g
Fat	3.6g
of which saturated	0.8g
Sodium	75mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within
4 Days