



# UCOOK

## Beef Rump Salad & Blue Cheese Dressing

**with sunflower seeds & crispy onion bits**

This vibrant salad brings together greens, tomatoes, cucumber, and sweet peas, all lightly tossed with fresh chives & olive oil. Butter-basted & spiced beef rump slices take center stage, drizzled with a rich & tangy blue cheese dressing. To finish, a crunchy mix of sunflower seeds & crispy onion bits adds the final flourish.

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**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Quick & Easy

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Creation Wines | Creation Fine Cape Vintage

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## Ingredients & Prep

|       |  |
|-------|--|
| 10g   | Sunflower Seeds  |
| 160g  | Free-range Beef Rump   |
| 7,5ml | Spice Mix<br><i>(5ml Smoked Paprika &amp; 2,5ml Garlic Powder)</i> |
| 40g   | Salad Leaves<br><i>rinse &amp; roughly shred</i>                   |
| 1     | Tomato<br><i>rinse &amp; cut into thin wedges</i>                  |
| 100g  | Cucumber<br><i>rinse &amp; cut into half-moons</i>                 |
| 50g   | Peas   |
| 3g    | Fresh Chives<br><i>rinse &amp; roughly slice</i>                   |
| 40ml  | Blue Cheese Dressing   |
| 10ml  | Crispy Onion Bits  |

## From Your Kitchen

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

**1. SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**2. RUMP** Return the pan to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter and the spice mix. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**3. JUST BEFORE SERVING** In a bowl, combine the shredded leaves, the tomato wedges, the cucumber pieces, the peas, the sliced chives, a drizzle of olive oil, and seasoning.

**4. DINNER** Dish up the salad, top with the steak slices, and drizzle over the dressing. Sprinkle over the sunflower seeds, and the crispy onion bits. Voilà!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 495kj   |
| Energy             | 118kcal |
| Protein            | 8.4g    |
| Carbs              | 5g      |
| of which sugars    | 2g      |
| Fibre              | 1.5g    |
| Fat                | 5.3g    |
| of which saturated | 1.2g    |
| Sodium             | 56mg    |

## Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat  
Within  
3 Days