



# UCCOOK

## Bursts-With-Flavour Beef Rump

with **NOMU African Rub**, sweet potato wedges & sun-dried tomatoes

We've jazzed up your favourite combo with two NOMU rubs – and it's got flavour galore! This rump and sweet potato is infused with a colourful medley of herbs and spices, made even better by marinated roast chickpeas and a salad tossed in honey-mustard dressing.

---

**Hands-On Time:** 20 minutes

**Overall Time:** 40 minutes

---

**Serves:** 1 Person

---

**Chef:** Deon Huysamer

---

 Health Nut

---

 Steenberg Vineyards | Merlot

---

Loved the dish? Let us know. Join the **UCCOOK** community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

250g	Sweet Potato <i>rinsed &amp; cut into wedges</i>
10ml	NOMU One For All Rub
60g	Chickpeas <i>drained &amp; rinsed</i>
40g	Sun-dried Tomatoes <i>drained &amp; roughly chopped, reserving the oil</i>
10g	Sunflower Seeds
17,5ml	Tangy Dressing <i>(10ml Apple Cider Vinegar, 2,5ml Wholegrain Mustard &amp; 5ml Honey)</i>
50g	Cucumber <i>sliced into thin half-moons</i>
20g	Green Leaves <i>rinsed</i>
160g	Free-range Beef Rump
10ml	NOMU African Rub

## From Your Kitchen

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

**1. WE LOVE WEDGES!** Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray. Coat in oil and the One For All Rub to taste. Roast in the hot oven for 30-35 minutes. Place the drained chickpeas in a bowl and coat in the reserved sun-dried tomato oil – add extra oil of your own if necessary. Season to taste and set aside for step 3.

**2. BROWN THE SEEDS** Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

**3. GET THOSE CHICKPEAS IN THE OVEN** When the wedges reach the halfway mark, remove from the oven and give a shift. Scatter over the chickpeas and return to the oven for the remaining roasting time. On completion, the wedges should be cooked through and caramelised, and the chickpeas should be crispy.

**4. A LITTLE TANG & A LITTLE CRUNCH** Place the tangy dressing in a salad bowl and whisk in 1 tsp of olive oil. Add in the chopped sun-dried tomatoes, cucumber half-moons, and rinsed green leaves. Season to taste, toss to coat, and set aside for serving.

**5. SMOKY RUMP** Pat the steak dry with paper towel. Place a pan over a medium-high heat with a drizzle of oil. When hot, sear the steak fat-side down for 3-5 minutes until crispy. Then, fry each side for 2-4 minutes or until cooked to your preference. (This time frame may depend on the thickness of the steak.) During the final 1-2 minutes, baste with a knob of butter (optional) and the African Rub to taste. Remove from the pan on completion and allow to rest for 5 minutes before slicing. Lightly season the slices.

**6. IT'S TIME TO EAT** Dish up the crisp sweet potato wedges and chickpeas. Side with the slices of juicy rump and the tangy tossed salad. Garnish with the toasted sunflower seeds and sink into dinner bliss...

## Nutritional Information

Per 100g

Energy	577kJ
Energy	138Kcal
Protein	8g
Carbs	13g
of which sugars	5.5g
Fibre	2.5g
Fat	3.9g
of which saturated	0.8g
Sodium	203mg

## Allergens

Allium, Sulphites

Cook  
within  
4 Days