



UCCOOK

Moroccan Beef Rump & Cumin Carrots

with fresh parsley & toasted almonds

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Creation Wines | Creation Pinot Noir

Nutritional Info

	Per 100g	Per Portion
Energy	438kJ	3059kJ
Energy	105kcal	732kcal
Protein	6.9g	47.9g
Carbs	7g	50g
of which sugars	3.7g	25.5g
Fibre	1.9g	13.1g
Fat	4g	27.8g
of which saturated	1.4g	9.6g
Sodium	138mg	965mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
10g	20g	Almonds <i>roughly chop</i>
2,5ml	5ml	Cumin Seeds
160g	320g	Beef Rump
10ml	20ml	NOMU Moroccan Rub
10ml	20ml	Lemon Juice
20g	40g	Salad Leaves <i>rinse</i>
30g	60g	Danish-style Feta <i>drain</i>
20g	40g	Sun-dried Tomatoes <i>drain & roughly slice</i>
50g	100g	Cucumber <i>rinse & roughly dice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter (optional)
Sugar/Sweetener/Honey
Seasoning (salt & pepper)

1. ROAST VEG Preheat the oven to 200°C. Spread the carrot and the onion on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through and crispy, 25-30 minutes (shifting halfway).

2. TOASTED ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CUMIN SEEDS When the roast has 10 minutes remaining, toss the cumin seeds through the veg and return to the oven for the remaining time.

4. SEARED RUMP Return the pan to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. 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 (optional) and the NOMU rub. Remove from the pan, reserving the pan juices, and rest for 5 minutes before slicing and seasoning.

5. NUTTY SALAD In a salad bowl, combine the lemon juice, a drizzle of olive oil, a sweetener (to taste), and seasoning. Toss through the salad leaves, the feta, ½ the toasted nuts, the sun-dried tomatoes, and the cucumber.

6. ARABIAN NIGHT Plate up the beef slices and drizzle over any reserved pan juices. Side with the dressed salad and the roasted veg. Garnish with the remaining nuts. There you have it, Chef!