



UCOOK

Beef Rump & Butternut

with a satay dressing & Danish-style feta


Slices of tender beef rump accompanies a rich yet refreshing satay-dressed mint & cabbage slaw, sided with golden roasted butternut half-moons. Finish with crumbles of creamy Danish-style feta and sprinkle with toasted pumpkin seeds for crunch. A dinner that will satay-fy anyone's taste buds!


Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Creation Wines | Creation Cabernet
Sauvignon, Merlot, Petit Verdot 2020

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Ingredients & Prep

250g	Butternut <i>deseeded, peeled (optional) & cut into half-moons</i>
10g	Pumpkin Seeds
100ml	Low Fat Plain Yoghurt
15ml	Peanut Butter
1	Fresh Chilli <i>deseeded & finely sliced</i>
5ml	Fish Sauce
5ml	Rice Wine Vinegar
10ml	Lemon Juice
160g	Free-range Beef Rump
100g	Cabbage <i>thinly sliced</i>
4g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
20g	Danish-style Feta <i>drained & crumbled</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Blender
Paper Towel

1. TO THE BUTTERNUT MOON & BACK Preheat the oven to 200°C. Spread out the butternut half-moons on a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through and golden, flipping halfway.

2. POP THE PUMPKIN SEEDS Place the pumpkin seeds in a pan over medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan and set aside to cool.

3. ENTER THE BLENDER In a blender, add the yoghurt, the peanut butter, the sliced chilli (to taste), the fish sauce, the vinegar, the lemon juice (to taste), and a sweetener of choice (to taste). Pulse until smooth. If the dressing is too thick for your liking, loosen with water in 5ml increments until the desired consistency. Season to taste.

4. THE STEAKS ARE HIGH Return the pan to a medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When the pan is hot, sear the steak fat-side down, for 3-5 minutes until crispy. Then, fry for 2-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the steak). Remove from the pan and rest for 5 minutes before slicing and lightly seasoning.

5. BOWL THEM OVER In a bowl, combine the sliced cabbage, ½ the chopped mint, ½ the toasted seeds, and ½ the satay dressing.

6. BEEF & BUTTERNUT BLISS Plate up the cabbage slaw and side with the beef slices and the butternut half-moons. Drizzle over the remaining satay dressing. Scatter over the remaining mint, the crumbled feta, and the toasted pumpkin seeds. It's time to eat, Chef!

Nutritional Information

Per 100g

Energy	485kj
Energy	116kcal
Protein	8g
Carbs	7g
of which sugars	1.8g
Fibre	1.5g
Fat	4.2g
of which saturated	1.5g
Sodium	131mg

Allergens

Dairy, Peanuts, Sulphites, Fish, Shellfish/Seafood

Cook
within
4 Days