



UCOOK

Barbacoa-style Beef Rump

with corn, black beans & sour cream

Here's an interesting foodie fact for you, Chef. Traditionally, Mexican barbacoa is a meat dish steamed in an underground oven. You'll enjoy the same aromatic flavours using modern cooking techniques for the juicy seared steak, coated in a rich beef stock, orange juice, tangy tomato, black bean & corn sauce. Served with bulgur wheat and dollops of sour cream.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 2 People

Chef: Ella Nasser

Quick & Easy

Creation Wines | Creation Chenin Blanc

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Ingredients & Prep

150ml	Bulgur Wheat
200g	Cooked Chopped Tomato
20ml	NOMU Spanish Rub
50ml	Orange Juice
10ml	Beef Stock
120g	Black Beans <i>drain & rinse</i>
100g	Corn
320g	Free-range Beef Rump
20g	Piquanté Peppers <i>drain</i>
60ml	Sour Cream

From Your Kitchen

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

1. GET THE GRAINS DONE Boil the kettle. Place the bulgur wheat in a pot with 300ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside.

2. BEGIN THE BARBACOA Place a pan over medium heat with a drizzle of oil. Add the cooked chopped tomato, the NOMU rub, the orange juice, the beef stock, and 80ml of water. Simmer until slightly reduced, 5-8 minutes. Add a splash of water if the sauce reduces too quickly. In the final 2-3 minutes, add the drained beans and the corn. Remove from the heat and season.

3. SEARED STEAK Place a clean pan over 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). Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. DELISH DINNER IS DONE Bowl up the bulgur wheat. Top with the beef slices and the barbacoa-style sauce. Garnish with the drained peppers and dollop over the sour cream.

Nutritional Information

Per 100g

Energy	657kJ
Energy	157kcal
Protein	10.1g
Carbs	18g
of which sugars	2.7g
Fibre	3.2g
Fat	3.6g
of which saturated	1.4g
Sodium	197mg

Allergens

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

Eat
Within
4 Days