



U C O O K

— COOKING MADE EASY

BEEF RUMP & TZATZIKI SLAW

with hemp seeds & roast sweet potato

A divine dish of tantalising beef rump, roast sweet potato, and minty, mayo-free slaw. But what really sends it flying off the health charts is that infamous, protein-packed superfood: hemp seeds!

Prep + Active Time: 15 minutes

Total Cooking Time: 35 minutes

 **Serves:** 1 person

 **Chef:** Carey Erasmus

 **Health Nut**

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Ingredients

250 g	Sweet Potato <i>washed and cut into bite-size chunks</i>
1	Onion <i>one half, peeled & cut into wedges</i>
10 ml	Hemp Seeds
75 g	Shredded Green Cabbage
50 ml	Tzatziki
4 g	Fresh Mint <i>rinsed, picked & sliced</i>
160 g	Free-Range Beef Rump
5 ml	NOMU Provençal Rub
1	Chilli <i>deseeded & thinly sliced</i>

From Your Kitchen

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



CHEF'S TIP

Hemp hearts are an amino acid and vitamin-rich protein. They are one of the most nutritionally dense foods on earth. Sprinkle them on salads for an extra boost!

1. ROAST VEG

Preheat the oven to 200°C. Place the sweet potato chunks and onion wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until crispy and golden, shifting halfway.

2. TOASTED HEMP SEEDS

Place a nonstick pan over a medium heat with the hemp seeds. Toast for 1-2 minutes until lightly browned, shifting occasionally. Keep a close eye on them as they burn easily. Remove from the pan on completion and set aside to cool.

3. TZATZIKI ME!

Place the shredded cabbage in a bowl with the tzatziki and sliced mint (reserving some for garnish). Add 1 tsp of olive oil and the sliced chilli to taste. Season and toss to combine. Set aside until serving.

4. FRY THE RUMP

Return the pan to a medium-high heat with a drizzle of oil. Pat the steaks dry with some paper towel and season. When the pan is hot, sear the steak fat-side down for about 3-5 minutes until the fat is crispy. Then, cook each side for 2-4 minutes or until cooked to your preference. (The time this takes will depend on the thickness of the steak.) In the final 1-2 minutes, add a knob of butter and the Provençal Rub and use this to baste the steak. On completion, remove from the pan and set aside to rest for 5 minutes before slicing. Lightly season the slices.

5. TIME TO FEAST

Plate up the juicy rump slices and side with the roast sweet potato and tzatziki slaw. Garnish with the toasted hemp seeds and remaining sliced mint. Sprinkle over some remaining fresh chilli, if you like. Delicious, Chef!

Nutritional Information

Per Serving

Energy (kJ)	2923
Energy (kcal)	699
Protein	48
Carbs	58
of which sugars	24
Fibre	10
Fat	16
of which saturated	4
Salt	1

Cook within: 4 days

Allergens: Dairy Allium Sulphites



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<700 cal



Gluten-free