



UCOOK

Beef Rump & Honey-Mustard Sauce

with pumpkin seeds & a radish salad

Beef, butternut, and a brilliant honey-mustard sauce! Soon you will be plating up this delicious dinner of butter-basted beef rump, nestled next to oven roasted butternut wedges, and elevated with NOMU Rub spice. A drizzle of honey-mustard sauce, a zesty radish salad, with crunches of pumpkin seeds, and your highlight of the day is about to begin, Chef!


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Kate Gomba

Carb Conscious

 Cathedral Cellar Wines | Cathedral Cellar-
Pinotage 2020

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Ingredients & Prep

500g	Butternut <i>peel (optional) & cut into wedges</i>
20ml	NOMU Roast Rub
20g	Pumpkin Seeds
320g	Free-range Beef Rump
1	Onion <i>peel & finely slice</i>
1	Garlic Clove <i>peel & grate</i>
120ml	Honey-mustard Sauce <i>(80ml Low Fat Plain Yoghurt, 30ml Wholegrain Mustard & 10ml Honey)</i>
40g	Radish <i>rinse & slice into thin rounds</i>
40g	Green Leaves <i>rinse</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the butternut wedges on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. TOAST Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. RUMP When the roast has 10-15 minutes to go, return the pan to 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). In the final minute, baste with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. MUSTARD SAUCE Return the pan, wiped down, to medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the sliced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 30-60 seconds (shifting constantly). Remove from the heat and stir through the honey-mustard sauce. Loosen with a splash of warm water (if necessary). Season and cover.

5. QUICK SALAD In a salad bowl, combine the sliced radish, the rinsed green leaves, a drizzle of olive oil, and seasoning.

6. DINNER IS READY Plate up the beef rump slices, side with the butternut wedges, and drizzle over the mustard sauce. Serve with the fresh salad and sprinkle over the toasted seeds. You're a natural Chef!



Chef's Tip

Air fryer method: Coat the butternut wedges in oil, the NOMU rub, and seasoning. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	421kJ
Energy	101kcal
Protein	6.6g
Carbs	9g
of which sugars	2.8g
Fibre	1.5g
Fat	2.4g
of which saturated	0.7g
Sodium	113mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
4 Days