



# UCOOK

## Beef Rump Salad & Blue Cheese Dressing

**with sunflower seeds & crispy onion bits**

This vibrant salad brings together greens, tomatoes, cucumber, and sweet peas, all lightly tossed with fresh chives & olive oil. Butter-basted & spiced beef rump slices take center stage, drizzled with a rich & tangy blue cheese dressing. To finish, a crunchy mix of sunflower seeds & crispy onion bits adds the final flourish.

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**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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Quick & Easy

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Creation Wines | Creation Fine Cape Vintage

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### Ingredients & Prep

30g	Sunflower Seeds
480g	Free-range Beef Rump
22,5ml	Spice Mix <i>(15ml Smoked Paprika &amp; 7,5ml Garlic Powder)</i>
120g	Salad Leaves <i>rinse &amp; roughly shred</i>
2	Tomatoes <i>rinse &amp; cut into thin wedges</i>
300g	Cucumber <i>rinse &amp; cut into half-moons</i>
150g	Peas
8g	Fresh Chives <i>rinse &amp; roughly slice</i>
125ml	Blue Cheese Dressing
30ml	Crispy Onion Bits

### From Your Kitchen

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

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

**2. RUMP** 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 and the spice mix. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**3. JUST BEFORE SERVING** In a bowl, combine the shredded leaves, the tomato wedges, the cucumber pieces, the peas, the sliced chives, a drizzle of olive oil, and seasoning.

**4. DINNER** Dish up the salad, top with the steak slices, and drizzle over the dressing. Sprinkle over the sunflower seeds, and the crispy onion bits. Voilà!

### Nutritional Information

Per 100g

Energy	495kj
Energy	118kcal
Protein	8.4g
Carbs	5g
of which sugars	2g
Fibre	1.5g
Fat	5.3g
of which saturated	1.2g
Sodium	56mg

### Allergens

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

Eat  
Within  
3 Days