



# UCCOOK

## Almond-Crusted Rump

**with mustard, butternut chunks & gremolata**

The rump with a Dijon crunch! Flavoursome steak baked in a Dijon mustard and ground almond crust. With sides of a tomato and rocket salad, parsley-packed gremolata, and of course, roast butternut chunks. A new twist on a timeless combo.

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**Hands-On Time:** 25 minutes

**Overall Time:** 55 minutes

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**Serves:** 2 People


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**Chef:** Klaudia Weixelbaumer

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♥ Health Nut

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 Anthonij Rupert | L'Ormarins Brut Rosè  
Vintage

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## Ingredients & Prep

500g	Butternut <i>deseeded, peeled (optional) &amp; cut into bite-sized chunks</i>
8g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
1	Lemon <i>zested &amp; cut into wedges</i>
1	Garlic Clove <i>peeled &amp; grated</i>
200g	Baby Tomatoes <i>rinsed &amp; quartered</i>
60ml	Ground Almonds
320g	Free-range Beef Rump Steak
30ml	Dijon Mustard
40g	Green Leaves <i>rinsed</i>

## From Your Kitchen

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

**1. THOSE WONDROUS CHUNKS** Preheat the oven to 200°C. Place the butternut chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

**2. MAKE THE GREMOLATA** Place the chopped parsley, the juice of 2 lemon wedges, the grated garlic, some lemon zest, and 3 tps of olive oil in a bowl. Mix until fully combined. In a separate bowl, place the quartered baby tomatoes with a drizzle of oil, a squeeze of lemon juice, and some seasoning. Toss to coat and set aside to marinate.

**3. RUMP WITH A DIJON CRUNCH** Place the ground almonds on a plate with some seasoning. When the butternut chunks are halfway, pat the steaks dry with some paper towel. Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, sear the steak fat-side down for 3-5 minutes until the fat is crispy. Then, fry each side for 2-3 minutes until browned but not cooked through. Remove from the pan, smear the mustard on both sides and coat with ground almond. Place the coated rump on a greased roasting tray and pop in the oven to roast for 4-5 minutes until cooked through to your preference. (The time this takes will depend on the thickness of the steak.) Remove from the oven and rest for 5 minutes before slicing and lightly seasoning.

**4. FRESH ELEMENTS** Just before serving, toss the rinsed green leaves together with the marinated baby tomatoes. Add another drizzle of olive oil and more seasoning, if necessary.

**5. DELISH DINS!** Plate the butternut chunks and tangy salad alongside the slices of almond and mustard-crusted rump. Garnish with a lemon wedge and drizzle over the homemade gremolata. Beautiful and bountiful!

## Nutritional Information

Per 100g

Energy	442kJ
Energy	106Kcal
Protein	7.5g
Carbs	7g
of which sugars	1.4g
Fibre	2.2g
Fat	3.6g
of which saturated	0.8g
Sodium	75mg

## Allergens

Allium, Sulphites, Tree Nuts

Cook  
within  
4 Days