

UCOOK

Beef Rump Strips & Roasted Gem Squash

with chickpeas & sun-dried tomatoes

Tender beef rump strips lie on top of a roasted kale & chickpea base dotted with sun-dried tomatoes. Sided with roasted gem squash halves and drizzled with a yoghurt sauce. Stunning!

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jewell Willemberg

Carb Conscious

 Waterford Estate | Waterford Pecan Stream
Pebble Hill

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Ingredients & Prep

60g	Chickpeas <i>drain & rinse</i>
1	Garlic Clove
1	Gem Squash <i>rinse, halve & deseed</i>
50g	Kale <i>rinse & roughly shred</i>
150g	Free-range Beef Rump Strips
5ml	NOMU Beef Rub
40ml	Low Fat Plain Yoghurt
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>
25g	Sun-dried Tomatoes <i>roughly chop</i>

From Your Kitchen

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

1. READY THE ROAST Preheat the oven to 200°C. Coat the drained chickpeas with oil, season, and set aside. Place the whole, unpeeled garlic clove and the de-seeded gem squash halves on a roasting tray, cut-side up. Lightly drizzle with oil and season. Roast in the hot oven until soft, 25-30 minutes. When the gem squash has been in for 10 minutes, scatter over the chickpeas. Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated.

2. BEEF STRIPS Place a pan over medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices, season, and cover.

3. BUTTERY GEMS When the gems & chickpeas have 10 minutes remaining, place a knob of butter into each gem half, shift them over, and scatter the dressed kale in the open space. Roast for the remaining time.

4. HERBY YOGHURT Remove the roasted garlic from the oven, squeeze out the flesh, discarding the skin, and finely chop. In a bowl, combine the plain yoghurt, ½ the chopped parsley, and the roasted garlic flesh. Loosen with water in 5ml increments until drizzling consistency and season.

5. KALE & CHICKPEAS Once the kale & chickpeas are done, place into a bowl and toss through the chopped sun-dried tomatoes. Set aside.

6. PLATE IT UP! Make a bed of the kale & chickpeas. Top with the beef strips and the reserved pan juices. Drizzle over the yoghurt and serve alongside the gem squash. Garnish with the remaining parsley. Nicely done, Chef!

Nutritional Information

Per 100g

Energy	437kJ
Energy	105kcal
Protein	8g
Carbs	6g
of which sugars	1.6g
Fibre	2.2g
Fat	3g
of which saturated	0.8g
Sodium	66mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
4 Days