



QCOOK

Beef Rump & Roast Potatoes

with toasted sunflower seeds & a basil pesto dressing

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Samantha du Toit

Wine Pairing: Sophie Germanier Organic | Sophie Germanier Pinotage Organic

Nutritional Info	Per 100g	Per Portion
Energy	687kJ	2987kJ
Energy	164kcal	714kcal
Protein	10.2g	44.5g
Carbs	10g	44g
of which sugars	2.3g	10.1g
Fibre	1.9g	8.4g
Fat	6.6g	28.6g
of which saturated	1.5g	6.6g
Sodium	120mg	521mg

Allergens: Cow's Milk, Egg, Allium, Sulphites, Tree Nuts

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Baby Potatoes <i>rinse & cut in half</i>
30ml	40ml	NOMU Provençal Rub
30g	40g	Sunflower Seeds
60ml	80ml	Pesto Princess Basil Pesto
480g	640g	Beef Rump
60g	80g	Sun-dried Tomatoes <i>drain</i>
8g	10g	Fresh Parsley <i>rinse, pick & finely chop</i>
60g	80g	Green Leaves <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Seasoning (salt & pepper)

1. NOMU-SPICED POTATOES Preheat the oven to 200°C. Spread the baby potatoes on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. SEEDS & PESTO 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. In a small bowl, loosen the basil pesto with water in 5ml increments until drizzling consistency. Set aside.

3. SENSATIONAL STEAK Return the pan to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. 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 remaining NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. CLASSIC COMBO In a salad bowl, toss together the sun-dried tomatoes, ½ the parsley, the green leaves, seasoning, and a drizzle of olive oil.

5. A MEMORABLE MEAL Plate up the steak slices. Side with the crispy potatoes and the sun-dried tomato salad. Drizzle over the pesto. Sprinkle over the remaining parsley and the toasted seeds. Enjoy, Chef!