



UCOOK

Classic Chilli-choc Beef Rump Dinner

with sweet potato & a baby tomato
medley

Don't be surprised if you look up the word 'classic' and see a picture of this chilli-choc-coffee beef recipe in the dictionary. That's because we've combined timeless tastes & flavours to bring you something sweet, spicy, & slightly bitter. And that's just the beef slices! These are sided with a silky sweet potato mash & a tangy tomato salad. You've recreated a classic, Chef!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Thea Richter

 Adventurous Foodie

 Delheim Wines | Delheim Shiraz/Cabernet
Sauvignon

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Ingredients & Prep

750g	Sweet Potato <i>rinsed & cut into chunks</i>
30g	Hazelnuts <i>roughly chopped</i>
240g	Baby Tomato Medley
60g	Salad Leaves
480g	Free-range Beef Rump
15ml	NOMU Coffee Rub
7,5ml	NOMU Chipotle Flakes
15ml	Cocoa Powder
15ml	Beef Stock
150ml	Crème Fraîche

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Tinfoil
Paper Towel
Butter
Milk (optional)
Sugar/Sweetener/Honey

1. MAKE THE MASH Place the sweet potato chunks in a pot and submerge with salted water. Place over a medium heat and simmer for 15-20 minutes until soft. Drain and add a knob of butter or coconut oil (optional) and a splash of water or milk. Mash with a fork or potato masher until combined. Cover to keep warm.

2. HERE'S TO HAZELNUTS Place the chopped hazelnuts in a large pan over medium heat. Toast for 5-6 minutes until golden, shifting occasionally. Remove from the pan and set aside.

3. TIME FOR THE TOMATOES Cut the baby tomatoes in half. Rinse and roughly shred the salad leaves. Just before serving, place the shredded salad leaves, the halved baby tomatoes, a drizzle of olive oil, and seasoning in a bowl. Toss until combined.

4. RAMP UP THE RUMP Return the pan to a medium-high heat with a drizzle of oil. Pat the rump dry with paper towel. When the pan is hot, sear the rump, fat-side down, for 3-5 minutes until crispy. Then, fry for 2-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the rump). During the final 1-2 minutes, baste with a knob of butter and the rub. Place in a piece of tinfoil and pour in the pan juices. Close up tightly and rest for 5 minutes before thinly slicing. Lightly season.

5. CHILLI-CHOC CREAM SAUCE Boil the kettle. Return the pan, wiped down if necessary, to a medium heat with the cocoa powder, the chipotle flakes (to taste), the stock, and 150ml of boiling water. Mix until combined and simmer for 3-4 minutes until slightly reduced. Remove from the heat and stir in the crème fraîche, a generous knob of butter, and a sweetener of choice (to taste). Loosen with a splash of warm water if it's too thick. Season to taste.

6. TIMELESS TASTES Plate up the beef rump slices and pour over the chilli-choc sauce (to taste). Side with the salad and the sweet potato mash. Sprinkle over the toasted hazelnuts.

Nutritional Information

Per 100g

Energy	575kJ
Energy	137kcal
Protein	7.5g
Carbs	10g
of which sugars	3.5g
Fibre	1.9g
Fat	6.7g
of which saturated	3.1g
Sodium	100mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days