



QCOOK

Moroccan Beef Rump & Cumin Carrots

with toasted almonds

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Neil Ellis Wines | Neil Ellis The Left Bank Cabernet Sauvignon Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	415kj	3146kj
Energy	99kcal	753kcal
Protein	6.4g	48.7g
Carbs	7g	57g
of which sugars	3.1g	23.2g
Fibre	1.8g	13.4g
Fat	3.3g	25.3g
of which saturated	1.2g	9.2g
Sodium	121mg	917mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
10g	20g	Almonds <i>roughly chop</i>
2,5ml	5ml	Cumin Seeds
50g	100g	Corn
160g	320g	Beef Rump
10ml	20ml	NOMU Moroccan Rub
10ml	20ml	Lemon Juice
30g	60g	Danish-style Feta <i>drain</i>
100g	200g	Cucumber <i>rinse & roughly dice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)

1. ROAST VEG Preheat the oven to 200°C. Spread the carrot and the onion on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through and crispy, 25-30 minutes (shifting halfway).

2. TOASTED ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CUMIN SEEDS When the roast has 10 minutes remaining, toss the cumin seeds through the veg and return to the oven for the remaining time.

4. CHARRED CORN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

5. SEARED 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 (optional) and the NOMU rub. Remove from the pan, reserving the pan juices, and rest for 5 minutes before slicing and seasoning.

6. NUTTY SALAD In a salad bowl, combine the lemon juice, a drizzle of olive oil, a sweetener (to taste), and seasoning. Toss through the feta, ½ the toasted nuts, the corn, and the cucumber.

7. ARABIAN NIGHT Plate up the beef slices and drizzle over any reserved pan juices. Side with the dressed salad and the roasted veg. Garnish with the remaining nuts. There you have it, Chef!