UCOOK

Honeyed Baby Carrots & Beef Rump

with herb-crusted feta & a pearl barley salad

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	708kJ	3790kJ
Energy	169kcal	907kcal
Protein	9.7g	52.1g
Carbs	17g	90g
of which sugars	5g	26.6g
Fibre	3.2g	17.2g
Fat	5.1g	27.3g
of which saturated	1.8g	9.4g
Sodium	127mg	682mg

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

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Pearled Barley *rinse*
6g	10g	Mixed Herbs *(3g [5g] Fresh Mint & 3g [5g] Fresh Dill)*
30g	60g	Danish-style Feta *drain*
120g	240g	Baby Carrots *rinse & halve, keeping the stems intact*
15g	30g	Almonds *roughly chop*
15ml	30ml	Honey
160g	320g	Beef Rump
5ml	10ml	NOMU Roast Rub
100g	200g	Cucumber *rinse & roughly dice*
15ml	30ml	Balsamic Vinegar

From Your Kitchen

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

1. BARLEY Place the pearled barley in a pot with 250ml [500ml] of salted water. Bring to the boil. Once boiling, reduce the heat and simmer until al dente, 30-35 minutes (stirring occasionally). Drain and cover.

2. PREP Finely chop the mixed herbs and place ¾ in a bowl. Add the feta to the bowl and toss until coated in the herbs. Set aside.

3. CARROTS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, add the baby carrots and a splash of water. Cover with the lid and simmer until softened and the water has evaporated, 5-6 minutes.

4. ALMONDS & HONEY Once the carrots have softened, remove the lid and add a generous knob of butter to the pan. Fry until browned, 3-5 minutes (shifting occasionally). In the final minute, add ½ the almonds. Remove from the heat and toss through the honey. Season and cover to keep warm.

5. RUMP Place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, 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 NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

6. SALAD In a bowl, combine the barley, the cucumber, the remaining almonds, the remaining herbs, the vinegar, seasoning, and a drizzle of olive oil.

7. TIME TO DINE! Plate up the barley salad and side with the rump slices, drizzled with any reserved pan juices. Serve with the honeyed carrots, drizzled with any remaining honey sauce. Sprinkle over the herb-crusted feta. There you have it, Chef!