



UCOOK

Chimichurri Beef Rump

**with creamy carrot mash, pumpkin seeds
& a fresh garden salad**

Your own freshly made chimichurri will bring notes of coriander, parsley, and chilli to a cut of flavourful beef rump. Served with smooth carrot mash and a salad of cucumber, leaves, radish, feta, and pumpkin seeds. Delish!

Hands-On Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Klaudia Weixelbaumer



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Ingredients & Prep

960g	Carrot <i>peeled & cut into bite-size chunks</i>
10g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
10g	Fresh Coriander <i>rinsed & finely chopped</i>
2	Fresh Chilli <i>deseeded & finely chopped</i>
2	Lemon <i>zested & cut into wedges</i>
40g	Pumpkin Seeds
200g	Cucumber <i>sliced into thin half-moons</i>
80g	Salad Leaves <i>rinsed & roughly shredded</i>
80g	Radish <i>rinsed & thinly sliced</i>
160g	Danish-style Feta
640g	Free-range Beef Rump
30ml	NOMU Beef Rub

From Your Kitchen

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

1. THINGS ARE ABOUT TO GET STEAMY! Boil the kettle. Place a pot over a medium-high heat with 2cm of boiling water covering the base. Once steaming, place the carrot chunks in a colander over the pot. Allow to steam (uncovered) for 15-20 minutes until cooked through and soft. Alternatively, use a steamer if you have one. Once cooked, drain and return to the pot. Cover with a lid and set aside.

2. MAKE YOUR CHIMICHURRI In a bowl, combine the chopped parsley, the chopped coriander, and 60-80ml of olive oil. Mix in the following to taste: the chopped chilli, the lemon zest, and some lemon juice (reserve some juice for the salad). Season and set aside for serving.

3. SEEDS & SALAD Place a large, nonstick pan over a medium heat. When hot, toast the pumpkin seeds for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion and set aside to cool. Place the cucumber half-moons, shredded salad leaves, and sliced radish in a salad bowl. Drain the feta and crumble it in. Add a drizzle of oil, a squeeze of lemon, and some seasoning. Toss to combine and set aside for serving.

4. JUICY STEAK Return the pan to a medium-high heat with a drizzle of oil. Pat the steaks dry with paper towel. When the pan is hot, sear the steaks fat-side down for 3-5 minutes until crispy. Then, fry each side for 2-4 minutes or until cooked to your preference. (This time frame may depend on the thickness of the steaks.) During the final 1-2 minutes, baste with a knob of butter and the Beef Rub. Remove from the pan on completion and allow to rest for 5 minutes before slicing.

5. IT'S A MASH-UP Return the pot of cooked carrot to a low heat. Once slightly reheated, stir in a knob of butter or coconut oil (optional) and a splash of water. Mash with a fork or potato masher until smooth, combined, and warmed through. Season and remove from the heat.

6. DINNER IS SERVED... Lay out the fragrant beef rump slices and drizzle over the chimichurri. Alongside, pile up some creamy carrot mash. Serve the garden salad on the side with sprinklings of toasted pumpkin seeds. Time for your taste buds to tango!

Nutritional Information

Per 100g

Energy	411kj
Energy	98Kcal
Protein	6.9g
Carbs	7g
of which sugars	3g
Fibre	2g
Fat	3.5g
of which saturated	1.6g
Sodium	136.4mg

Allergens

Dairy, Allium

Cook
within
4 Days