



UCCOOK

Basil-infused Beef Rump Pasta

with basil pesto & sunflower seeds

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Thea Richter

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Pebble Hill

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 1260kJ | 4263kJ |
| Energy | 301kcal | 1019kcal |
| Protein | 17g | 56.7g |
| Carbs | 24g | 82g |
| of which sugars | 1.3g | 4.5g |
| Fibre | 1.6g | 5.3g |
| Fat | 12.1g | 40.5g |
| of which saturated | 3.3g | 10.9g |
| Sodium | 261mg | 883mg |

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

Spice Level: NONE

Eat Within 4 Days

Ingredients & Prep Actions:

| | | |
|-----------------|-------------------|--|
| Serves 3 | [Serves 4] | |
| 300g | 400g | Fusilli Pasta |
| 125ml | 160ml | Pesto Princess Basil Pesto |
| 30g | 40g | Sunflower Seeds |
| 480g | 640g | Beef Rump |
| 30ml | 40ml | NOMU One For All Rub |
| 60g | 80g | Danish-style Feta <i>drain</i> |
| 8g | 10g | Fresh Oregano <i>rinse & pick</i> |

From Your Kitchen

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

- 1. PASTA** Boil the kettle. Place the pasta in a pot with boiling water and a pinch of salt. Cook the pasta until al dente, 10-12 minutes. Drain, mix in the pesto, a generous drizzle of olive, and seasoning.
- 2. SEEDS** 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.
- 3. STEAK** Return the pan to 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.
- 4. DINNER IS READY** Bowl up the pesto pasta, top with the steak slices, crumble over the feta, and sprinkle over the toasted seeds. Garnish with the rinsed oregano. Bon appétit.