UCOOK

Nitída's Mediterranean Beef Rump

with tender beets & onion wedges

Hands-on Time: 15 minutes
Overall Time: 35 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Nitída | Riesling

Nutritional Info

	Per 100g	Per Portion
Energy	467kJ	3291kJ
Energy	112kcal	787kcal
Protein	7.8g	54.6g
Carbs	8g	57g
of which sugars	2g	13.9g
Fibre	2.6g	18.4g
Fat	2.9g	20.8g
of which saturated	1.1g	8g
Sodium	110mg	774mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	**Beetroot** *rinse, trim, peel & cut into small bite-sized pieces*
30ml	60ml	**Red Wine Vinegar**
160g	320g	**Beef Rump**
5ml	10ml	**NOMU Roast Rub**
1	1	**Onion** *peel & cut ½ [1] into wedges*
120g	240g	**Chickpeas** *drain & rinse*
20g	40g	**Green Leaves** *rinse & roughly shred*
20g	40g	**Danish-style Feta** *drain*
3g	5g	**Fresh Mint** *rinse, pick & roughly chop*

From Your Kitchen

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

1. BEGIN THE BEETS Place the beetroot in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, season, and toss through a splash of the vinegar, and cover.

2. OM-NOM NOMU STEAK 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.

3. GOLDEN VEGGIES Return the pan to medium heat with a drizzle of oil. When hot, fry the onion and chickpeas until golden, 6-8 minutes (shifting occasionally).

4. SIMPLE SALAD In a bowl, combine the green leaves, the remaining vinegar, and season.

5. MAGNIFICENT MEAL Plate up with the green leaves. Top with the beets, onion, chickpeas, and the steak slices. Crumble the feta over and garnish with the mint.