



UCOOK

Beef Rump, Beetroot & Feta

with roast butternut & onion wedges

Sometimes it's the simpler things in life that are the most satisfying. A beautiful sunset. Walking on the beach. A bird singing. A dish that's easy to make and even easier to eat. A plate featuring a salad of balsamic vinegar coated greens, and an oven roasted medley of beetroot, butternut & onions, with butter-basted steak and crumbings of feta.


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Samantha du Toit

 Carb Conscious

 Paardenkloof Wines | Paardenkloof "Die Fynboshuis" Cabernet Sauvignon

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
100g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
1	Onion <i>peel & cut ½ into wedges</i>
5ml	NOMU Roast Rub
160g	Free-range Beef Rump
20ml	Balsamic Vinegar
20g	Green Leaves <i>rinse & roughly shred</i>
30g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. UN-BEET-ABLE VEG Preheat the oven to 200°C. Spread the butternut & beetroot pieces and the onion wedges on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. BUTTERY 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 remaining NOMU rub. Remove from the pan, reserving the pan juices, and rest for 5 minutes before slicing and seasoning.

3. VINEGAR-COATED VEG In a salad bowl, combine the balsamic vinegar, a drizzle of olive oil, and seasoning. Toss through the rinsed green leaves and the roast veg.

4. ENJOY Dish up the roast veg salad and crumble over the drained feta. Side with the seasoned steak slices and drizzle over the reserved pan juices. Scrumptious, Chef!



Chef's Tip

Air fryer method: Coat the butternut & beetroot pieces and the onion wedges in oil, ½ the NOMU rub, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	423kj
Energy	101kcal
Protein	7g
Carbs	7g
of which sugars	2.1g
Fibre	1.4g
Fat	2.9g
of which saturated	1.3g
Sodium	113mg

Allergens

Allium, Sulphites, Cow's Milk

Cook
within
4 Days