



UCOOK

Coffee Beef Rump

with a crème fraîche sauce & avocado salad

Bring the braai to your dinner table with this luxuriously tender, buttery, coffee-seasoned cut of meat, some zesty crème fraîche, warm bulgur wheat with roast tomatoes, and a classic avo salad. Or, get out the coals and take this family feast to the braai!


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Lauren Todd

 Fan Faves

 Vergelegen | Reserve Merlot

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

150ml	Bulgur Wheat
1	Tomato <i>cut into bite-sized chunks</i>
320g	Free-range Beef Rump
20ml	NOMU Coffee Rub
60ml	Crème Fraîche
30ml	Lemon Juice
1	Avocado
40g	Salad Leaves <i>rinsed & shredded</i>

From Your Kitchen

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

1. FLUFFY BULGUR WHEAT Boil the kettle. Place the bulgur wheat in a bowl with 150ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and set aside until rehydrated, 15-20 minutes. Fluff with a fork.

2. CHAR THE TOMATOES Place a pan over medium-high heat with a drizzle of oil. When hot, add the tomato chunks and fry until charred and softened, 4-5 minutes (shifting occasionally). Remove from the pan and set aside.

3. RAVISHING RUMP 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. LEMON CRÈME In a small bowl, combine the crème fraîche with ½ the lemon juice, a drizzle of olive oil, and seasoning. Set aside.

5. AVO SALAD Halve the avocado and remove the pip. Scoop out the flesh and cut into cubes. Place in a salad bowl and toss together with the shredded salad leaves, the remaining lemon juice, a drizzle of olive oil, and seasoning. Set aside. Toss the blistered tomatoes through the cooked bulgur wheat.

6. GRAB A PLATE! Dish up a pile of hearty bulgur wheat salad. Top with the succulent sliced rump and drizzle over the lemony crème fraîche. Serve the avo salad on the side. Daarsy, Chef!



Chef's Tip

If you have the time, why not take the opportunity to light up the braai and grill the coffee-seasoned rump to smoky perfection for a proper South African steak supper and a festive evening!

Nutritional Information

Per 100g

Energy	767kJ
Energy	183kcal
Protein	9.3g
Carbs	13g
of which sugars	1.3g
Fibre	3.8g
Fat	9.1g
of which saturated	2.9g
Sodium	115mg

Allergens

Gluten, Dairy, Allium, Wheat

Cook
within
4 Days