



# UCOOK

## Beef Rump & Honey-Mustard Sauce

with pumpkin seeds & a radish salad

Beef, butternut, and a brilliant honey-mustard sauce! Soon you will be plating up this delicious dinner of butter-basted beef rump, nestled next to oven roasted butternut wedges, and elevated with NOMU Rub spice. A drizzle of honey-mustard sauce, a zesty radish salad, with crunches of pumpkin seeds, and your highlight of the day is about to begin, Chef!

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person


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**Chef:** Kate Gomba

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Carb Conscious

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 Cathedral Cellar Wines | Cathedral Cellar-  
Pinotage 2020

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## Ingredients & Prep

250g	Butternut <i>peel (optional) &amp; cut into wedges</i>
10ml	NOMU Roast Rub
10g	Pumpkin Seeds
160g	Free-range Beef Rump
1	Onion <i>peel &amp; finely slice ½</i>
1	Garlic Clove <i>peel &amp; grate</i>
60ml	Honey-mustard Sauce <i>(40ml Low Fat Plain Yoghurt, 15ml Wholegrain Mustard &amp; 5ml Honey)</i>
20g	Radish <i>rinse &amp; slice into thin rounds</i>
20g	Green Leaves <i>rinse</i>

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 200°C. Spread the butternut wedges on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. TOAST** Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. RUMP** When the roast has 10-15 minutes to go, 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**4. MUSTARD SAUCE** Return the pan, wiped down, to medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the sliced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 30-60 seconds (shifting constantly). Remove from the heat and stir through the honey-mustard sauce. Loosen with a splash of warm water (if necessary). Season and cover.

**5. QUICK SALAD** In a salad bowl, combine the sliced radish, the rinsed green leaves, a drizzle of olive oil, and seasoning.

**6. DINNER IS READY** Plate up the beef rump slices, side with the butternut wedges, and drizzle over the mustard sauce. Serve with the fresh salad and sprinkle over the toasted seeds. You're a natural Chef!



## Chef's Tip

Air fryer method: Coat the butternut wedges in oil, the NOMU rub, and seasoning. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	421kJ
Energy	101kcal
Protein	6.6g
Carbs	9g
of which sugars	2.8g
Fibre	1.5g
Fat	2.4g
of which saturated	0.7g
Sodium	113mg

## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
4 Days