



U C O O K

— COOKING MADE EASY

Seared Rump & Tzatziki Slaw

with **NOMU Provençal Rub**, hemp hearts & oven-caramelised sweet potato

A divine dinner of tantalising beef rump, roast sweet potato, and a minty slaw with tzatziki instead of mayo. What really sends it flying off the health charts are those protein-packed superfood sprinkles: hemp hearts!

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Samantha Finnegan



Health Nut

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Ingredients & Prep

500g	Sweet Potato <i>rinsed & cut into bite-size chunks</i>
1	Onion <i>peeled & cut into wedges</i>
20ml	Hemp Hearts
200g	Shredded Cabbage
125ml	Tzatziki
8g	Fresh Mint <i>rinsed, picked & roughly sliced</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
320g	Free-Range Beef Rump
10ml	NOMU Provençal Rub

From Your Kitchen

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

1. OVEN-CARAMELISED VEG Preheat the oven to 200°C. Place the sweet potato chunks and onion wedges on a roasting tray. Coat in oil, season, and spread out in a single layer. Roast in the hot oven for 30-35 minutes until crispy and caramelised, shifting halfway.

2. TOAST THE HEMP HEARTS Place a nonstick pan over a medium heat. When hot, toast the hemp hearts for 1-2 minutes until lightly browned, shifting occasionally. Keep a close eye on them – they burn easily! Remove from the pan on completion and set aside to cool.

3. TZATZIKI ME! Place the shredded cabbage in a bowl with the tzatziki and three-quarters of the sliced mint. Toss through 1 tbsp of olive oil and the sliced chilli to taste. Season and set aside for serving.

4. SEAR THE RUMP Return the pan to a medium-high heat with a drizzle of oil. Pat the steak dry with some paper towel. When the pan is hot, sear the steak fat-side down for 3-5 minutes until the fat is crispy. Then, fry each side for 2-4 minutes or until cooked to your preference. (The time this takes will depend on the thickness of the steak.) During the final 1-2 minutes, baste the steak with a knob of butter and the Provençal Rub. Remove from the pan on completion and set aside to rest for 5 minutes before slicing.

5. TIME TO DINE Plate up the juicy rump slices next to the roast sweet potato and onion, and side with the tzatziki slaw. Garnish with the toasted hemp hearts and remaining sliced mint. Sprinkle over any remaining fresh chilli if you'd like. Looks good, Chef!



Chef's Tip

Hemp hearts are rich in protein, amino acids, and vitamins. They're one of the most nutritionally dense foods on earth! Add them to salads, smoothies, pestos, and breakfasts for extra flavour and nutrients.

Nutritional Information

Per 100g

Energy	432kJ
Energy	103Kcal
Protein	6.9g
Carbs	9g
of which sugars	3.9g
Fibre	1.6g
Fat	2.3g
of which saturated	0.6g
Sodium	107mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days