



UCCOOK

Moroccan Beef Rump

with crispy pita & avocado hummus

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Delheim Wines | Delheim Merlot

Nutritional Info	Per 100g	Per Portion
Energy	680kJ	2998kJ
Energy	163kcal	717kcal
Protein	10.4g	46g
Carbs	13g	55g
of which sugars	2g	8.7g
Fibre	1.9g	8.2g
Fat	5.4g	23.8g
of which saturated	1.1g	4.8g
Sodium	267mg	1177mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Pita Flatbread/s <i>cut into quarters</i>
1	2	Tomato/es <i>rinse & roughly dice</i>
20g	40g	Pitted Kalamata Olives <i>drain & roughly chop</i>
3g	5g	Fresh Mint <i>rinse, pick & roughly chop</i>
10ml	20ml	Lemon Juice
1	1	Fresh Chilli <i>rinse, trim, deseed & finely chop</i>
160g	320g	Beef Rump
7,5ml	15ml	NOMU Moroccan Rub
50ml	100ml	Avocado Hummus
5g	10g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. PITA CHIPS Place a pan over medium heat with enough oil to cover the base. When hot, fry the pita pieces until crispy, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season. Alternatively: Coat the pita quarters in oil and season. Air fry at 200°C until crispy, 6-8 minutes (shifting halfway).

2. SOME FRESHNESS In a bowl, combine the tomato, the olives, the mint, the lemon juice, the chilli (to taste), a drizzle of olive oil, and add seasoning.

3. BEEF Return the pan to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. 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. TIME TO EAT Plate up a dollop of the hummus, side with the tomato salsa, the pita chips, and the beef slices. Sprinkle over the crispy onion bits and dig in, Chef!