



UCOOK

Chimichurri Beef Rump

**with creamy carrot mash, pumpkin seeds
& a fresh garden salad**

Your own freshly made chimichurri will bring notes of coriander, parsley, and chilli to a cut of flavourful beef rump. Served with smooth carrot mash and a salad of cucumber, leaves, radish, feta, and pumpkin seeds. Delish!

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Klaudia Weixelbaumer



Health Nut

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



Ingredients & Prep

360g	Carrot <i>peeled & cut into bite-size chunks</i>
3g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
3g	Fresh Coriander <i>rinsed & finely chopped</i>
1	Fresh Chilli <i>deseeded & finely chopped</i>
1	Lemon <i>one half zested & cut into wedges</i>
10g	Pumpkin Seeds
50g	Cucumber <i>sliced into thin half-moons</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>
20g	Radish <i>rinsed & thinly sliced</i>
40g	Danish-style Feta
160g	Free-range Beef Rump
7,5ml	NOMU Beef Rub

From Your Kitchen

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

1. THINGS ARE ABOUT TO GET STEAMY! Boil the kettle. Place a pot over a medium-high heat with 2cm of boiling water covering the base. Once steaming, place the carrot chunks in a colander over the pot. Allow to steam (uncovered) for 10-15 minutes until cooked through and soft. Alternatively, use a steamer if you have one. Once cooked, drain and return to the pot. Cover with a lid and set aside.

2. MAKE YOUR CHIMICHURRI In a bowl, combine the chopped parsley, the chopped coriander, and 1-2 tbsp of olive oil. Mix in the following to taste: the chopped chilli, the lemon zest, and some lemon juice (reserve some juice for the salad). Season and set aside for serving.

3. SEEDS & SALAD Place a nonstick pan over a medium heat. When hot, toast the pumpkin seeds for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion and set aside to cool. Place the cucumber half-moons, shredded salad leaves, and sliced radish in a salad bowl. Drain the feta and crumble it in. Add a drizzle of oil, a squeeze of lemon, and some seasoning. Toss to combine and set aside for serving.

4. JUICY STEAK Return the pan to a medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When the pan is hot, sear the steak fat-side down for 3-5 minutes until crispy. Then, fry each side for 2-4 minutes or until cooked to your preference. (This time frame may depend on the thickness of the steak.) During the final 1-2 minutes, baste with a knob of butter and the Beef Rub. Remove from the pan on completion and allow to rest for 5 minutes before slicing.

5. IT'S A MASH-UP Return the pot of cooked carrot to a low heat. Once slightly reheated, stir in a knob of butter or coconut oil (optional) and a splash of water. Mash with a fork or potato masher until smooth, combined, and warmed through. Season and remove from the heat.

6. DINNER IS SERVED... Lay out the fragrant beef rump slices and drizzle over the chimichurri. Alongside, pile up some creamy carrot mash. Serve the garden salad on the side with sprinklings of toasted pumpkin seeds. Time for your taste buds to tango!

Nutritional Information

Per 100g

Energy	411kj
Energy	98Kcal
Protein	6.9g
Carbs	7g
of which sugars	3g
Fibre	2g
Fat	3.5g
of which saturated	1.6g
Sodium	136.4mg

Allergens

Dairy, Allium

Cook
within
4 Days