



UCCOOK

Basil-infused Beef Rump Pasta

with basil pesto & sunflower seeds

Hands-on Time: 10 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Pebble Hill

Nutritional Info	Per 100g	Per Portion
Energy	1260kJ	4263kJ
Energy	301kcal	1019kcal
Protein	17g	56.7g
Carbs	24g	82g
of which sugars	1.3g	4.5g
Fibre	1.6g	5.3g
Fat	12.1g	40.5g
of which saturated	3.3g	10.9g
Sodium	261mg	883mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Tree Nuts

Spice Level: NONE

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Fusilli Pasta
40ml	80ml	Pesto Princess Basil Pesto
10g	20g	Sunflower Seeds
160g	320g	Beef Rump
10ml	20ml	NOMU One For All Rub
20g	40g	Danish-style Feta <i>drain</i>
3g	5g	Fresh Oregano <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

- 1. PASTA** Boil the kettle. Place the pasta in a pot with boiling water and a pinch of salt. Cook the pasta until al dente, 10-12 minutes. Drain, mix in the pesto, a generous drizzle of olive, and seasoning.
- 2. SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. STEAK** 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. DINNER IS READY** Bowl up the pesto pasta, top with the steak slices, crumble over the feta, and sprinkle over the toasted seeds. Garnish with the rinsed oregano. Bon appétit.