



# UCOOK

## Beef Rump & Stuffed Avocados

with a spicy corn & tomato salsa

Beautiful beef rump is seared and basted until charred and juicy, before being sliced and served alongside avocado halves stuffed with a jalapeño, tomato & corn salsa. Wow, that was a mouthful, and so is this dish! Deliciousness in every single bite.

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**Hands-On Time:** 20 minutes

**Overall Time:** 30 minutes


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**Serves:** 3 People

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**Chef:** Ella Nasser

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 Carb Conscious

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 Boschendal | Rachelesfontein Chenin Blanc

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## Ingredients & Prep

|      |                                     |
|------|-------------------------------------|
| 480g | Free-range Beef Rump                |
| 30ml | NOMU Mexican Rub                    |
| 150g | Corn                                |
| 30g  | Pickled Jalapeños<br><i>drained</i> |
| 2    | Tomatoes<br><i>1½ diced</i>         |
| 15ml | Lime Juice                          |
| 3    | Avocados                            |
| 60g  | Green Leaves<br><i>rinsed</i>       |

## From Your Kitchen

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

**1. SIZZLING RUMP** Place a pan over 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 crispy. Then, fry for 2-4 minutes per side 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 or a drizzle of oil and the rub. Remove from the pan on completion and allow to rest for 5 minutes before slicing. Lightly season the slices.

**2. LET'S SALSA** In a bowl, combine the corn, the drained jalapeños, the diced tomato, the lime juice and seasoning.

**3. ALL YOU AVO WANTED** Halve the avocados and remove the pips. Peel off the avocado skin, keeping the flesh intact. Season with salt and pepper and stuff each half with the spicy salsa. Toss the rinsed green leaves with a drizzle of oil and seasoning.

**4. STEAK & SALSA NIGHT!** Make a bed of the dressed green leaves. Serve with the sizzling Mexican rump slices alongside the salsa-stuffed halved avocados. Serve any remaining salsa on the side. Finish off with a good crack of black pepper. Gorgeous, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 525kJ   |
| Energy             | 125Kcal |
| Protein            | 7.6g    |
| Carbs              | 6g      |
| of which sugars    | 1.7g    |
| Fibre              | 2.6g    |
| Fat                | 6.1g    |
| of which saturated | 1.2g    |
| Sodium             | 119mg   |

## Allergens

Allium, Sulphites

Cook  
within  
4 Days