



UCCOOK

Barbacoa-style Beef Rump

with a charred corn & black bean salsa

A Mexican recipe that will make you go mmmmm. On a bed of jasmine rice rest juicy, seared beef steak slices, which are smothered in a rich Mexican-spiced tomato sauce. Topped with a charred corn & black bean salsa and a dollop of sour cream.


Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Ella Nasser

 Quick & Easy

 Creation Wines | Creation Cabernet
Sauvignon, Merlot, Petit Verdot 2020

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Ingredients & Prep

75ml	Jasmine Rice <i>rinsed</i>
160g	Free-range Beef Rump
15g	Piquanté Peppers
60g	Black Beans
50g	Corn
10ml	NOMU Spanish Rub
100g	Cooked Chopped Tomato
25ml	Orange Juice
5ml	Beef Stock
30ml	Sour Cream

From Your Kitchen

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

1. JASMINE RICE Place the rinsed rice in a pot with 150ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. SEAR THE STEAK Place a pan over 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. SLICE AND ALL THINGS NICE Drain and roughly dice the piquanté peppers. Drain and rinse the black beans. Place the drained beans and the diced piquanté peppers in a bowl.

4. CORN AND BEAN MEDLEY Return the pan to high heat with a drizzle of oil. When hot, add the corn and ½ the NOMU rub. Fry until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and add to the bowl with the beans & peppers. Toss through a drizzle of olive oil and seasoning.

5. THAT'S SAUCY Return the pan to medium heat with a drizzle of oil. Add the cooked chopped tomato, the remaining NOMU rub, the orange juice, the beef stock, and 50ml of water. Simmer until slightly reduced, 5-8 minutes. Add a splash of water if the sauce reduces too quickly. In the final 2-3 minutes, add the seared steak slices.

6. A FLAVOUR FIESTA Bowl up the jasmine rice. Top with the barbacoa-style beef and the charred corn & black bean salsa. Dollop over the sour cream.

Nutritional Information

Per 100g

Energy	658kJ
Energy	157kcal
Protein	9.2g
Carbs	18g
of which sugars	2.8g
Fibre	1.8g
Fat	3.6g
of which saturated	1.4g
Sodium	227mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days