



UCCOOK

Beetroot, Beef Rump & Feta

with roast butternut & onion wedges

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Carb Conscious: Serves 3 & 4

Chef: Samantha du Toit

Wine Pairing: Groote Post Winery | Groote Post Old Man's Blend Red Blend

Nutritional Info

	Per 100g	Per Portion
Energy	405kJ	2963kJ
Energy	97kcal	709kcal
Protein	6.5g	47.8g
Carbs	7g	53g
of which sugars	2.3g	16.5g
Fibre	1.4g	10.4g
Fat	2.7g	19.5g
of which saturated	1.2g	8.8g
Sodium	105mg	771mg

Allergens: Cow's Milk, Allium, Sulphites

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

750g	1kg	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
300g	400g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
15ml	20ml	NOMU Roast Rub
480g	640g	Beef Rump
60ml	80ml	Balsamic Vinegar
60g	80g	Green Leaves <i>rinse & roughly shred</i>
90g	120g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Seasoning (salt & pepper)

1. UN-BEET-ABLE VEG Preheat the oven to 200°C. Spread the butternut, the beetroot and the onion on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C for 20-25 minutes (shifting halfway).

2. BUTTERY 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 and the remaining NOMU rub. Remove from the pan, reserving the pan juices, and rest for 5 minutes before slicing and seasoning.

3. VINEGAR-COATED VEG In a salad bowl, combine the balsamic vinegar, a drizzle of olive oil, and seasoning. Toss through the green leaves and the roast veg.

4. ENJOY Dish up the roast veg salad and crumble over the feta. Side with the juicy steak and drizzle over the reserved pan juices. Scrumptious, Chef!