

UCOOK

Bursts-With-Flavour Beef Rump

with NOMU African Rub, sweet potato wedges & sun-dried tomatoes

We've jazzed up your favourite combo with two NOMU rubs — and it's got flavour galore! This rump and sweet potato is infused with a colourful medley of herbs and spices, made even better by marinated roast chickpeas and a salad tossed in honey-mustard dressing.

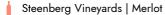
Hands-On Time: 40 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Deon Huysamer





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

Ingredients & Prep

1kg

rinsed & cut into wedges
40ml NOMU One For All Rub

Sweet Potato

240g Chickpeas drained & rinsed

160g Sun-dried Tomatoes
drained & roughly
chopped, reserving the oil

40g Sunflower Seeds

70ml Tangy Dressing
(40ml Apple Cider
Vinegar, 10ml Wholegrain
Mustard & 20ml Honey)

200g Cucumber sliced into thin half-moons

80g Green Leaves rinsed

640g Free-range Beef Rump
40ml NOMU African Rub

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper

Water

Paper Towel
Butter (optional)

1. WE LOVE WEDGES! Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray. Coat in oil and the One For All Rub to taste. Roast in the hot oven for 35-40 minutes. Place the drained

chickpeas on a second roasting tray and coat in the reserved sun-dried

tomato oil - add extra oil of your own if necessary. Season to taste and

set aside for step 3.

2. BROWN THE SEEDS Place the sunflower seeds in a large pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. GET THOSE CHICKPEAS IN THE OVEN When the wedges reach the halfway mark, give them a shift and return to the oven. Pop in the tray of chickpeas and roast for the remaining time. On completion, the wedges should be cooked through and caramelised, and the chickpeas should be crispy.

4. A LITTLE TANG & A LITTLE CRUNCH Place the tangy dressing in a large salad bowl and whisk in 2 tbsps of olive oil. Add in the chopped sun-dried tomatoes, cucumber half-moons, and rinsed green leaves. Season to taste, toss to coat, and set aside for serving.

5. SMOKY RUMP Pat the steaks dry with paper towel. Place a large pan over a medium-high heat with a drizzle of oil. When hot, sear the steaks 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 steaks.) During the final 1-2 minutes, baste with a knob of butter (optional) and the African Rub to taste. Remove from the pan on completion and allow to rest for 5 minutes before slicing. Lightly season the slices

6. IT'S TIME TO EAT Dish up the crisp sweet potato wedges and chickpeas. Side with the slices of juicy rump and the tangy tossed salad. Garnish with the toasted sunflower seeds and sink into dinner bliss...

Nutritional Information

Per 100g

Energy		577kJ
Energy		138Kcal
Protein		8g
Carbs		13g
of which	sugars	5.5g
Fibre		2.5g
Fat		3.9g
of which	saturated	0.8g
Sodium		203mg

Allergens

Allium, Sulphites

Cook within 4 Days