



UCOOK

Basil-infused Beef Rump Pasta

with basil pesto & sunflower seeds

There are many ways to infuse a dish with that fresh, herbaceous flavour besides garnishing with fresh herbs. One way is to coat an ingredient like pasta in a pesto, like we've done in this basil & beef pasta recipe. Pesto Princess Basil Pesto-coated fusilli pasta is topped with juicy slices of steak, crumbly feta & toasted pumpkin seeds.

Hands-on Time: 10 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Thea Richter

Quick & Easy

Waterford Estate | Waterford Pecan Stream
Pebble Hill

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Ingredients & Prep

100g	Fusilli Pasta
40ml	Pesto Princess Basil Pesto
10g	Sunflower Seeds
160g	Beef Rump
10ml	NOMU One For All Rub
20g	Danish-style Feta <i>drain</i>
3g	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.



Chef's Tip

Opt for high-quality extra virgin olive oil for its robust flavour and fruity notes.

Nutritional Information

Per 100g

Energy	1260kJ
Energy	301kcal
Protein	17g
Carbs	24g
of which sugars	1.3g
Fibre	1.6g
Fat	12.1g
of which saturated	3.3g
Sodium	261mg

Allergens

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

Eat
Within
4 Days