



UCCOOK

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: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Deon Huysamer

 Health Nut

 Steenberg Vineyards | Merlot

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Ingredients & Prep

750g	Sweet Potato <i>rinsed & cut into wedges</i>
30ml	NOMU One For All Rub
180g	Chickpeas <i>drained & rinsed</i>
120g	Sun-dried Tomatoes <i>drained & roughly chopped, reserving the oil</i>
30g	Sunflower Seeds
52,5ml	Tangy Dressing <i>(30ml Apple Cider Vinegar, 7,5ml Wholegrain Mustard & 15ml Honey)</i>
150g	Cucumber <i>sliced into thin half-moons</i>
60g	Green Leaves <i>rinsed</i>
480g	Free-range Beef Rump
30ml	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 salad bowl and whisk in 1,5 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 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