



# UCCOOK

## Seared Beef Rump & Mint Yoghurt

with crispy kale & green beans

You'll be in the clouds if you love cooking with an air fryer, as this tasty recipe is tried and tested, Chef! Earthy roasted beetroot, kale & green beans are served with browned free-range steak slices, spiced with NOMU One For All Rub. Scatter over a minty yoghurt... and dinner is done!

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Jade Summers

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\*New Calorie Conscious

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## Ingredients & Prep

|      |   |
|------|---|
| 300g | Beetroot<br><i>rinse, deseed, peel (optional) &amp; cut into half-moons</i> |
| 100g | Kale<br><i>rinse &amp; roughly shred</i>                                    |
| 160g | Green Beans<br><i>rinse, trim &amp; cut in half</i>                         |
| 20ml | Rice Wine Vinegar   |
| 320g | Beef Rump   |
| 20ml | NOMU One For All Rub  |
| 80ml | Low Fat Plain Yoghurt   |
| 5g   | Fresh Mint<br><i>rinse, pick &amp; roughly chop</i>                         |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Sugar/Sweetener/Honey

**1. UN-BEET-ABLE** Preheat the oven to 200°C. Spread the beetroot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Place the shredded kale in a bowl with a drizzle of oil and seasoning. In the final 5-8 minutes, add the dressed kale and halved green beans. Roast for the remaining time.

**2. NOMU-SPICED 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, spice with the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**3. MINTY YOGHURT** To a bowl, add the yoghurt, ½ the chopped mint, and season.

**4. DINNER = DONE** Smear the minty-yoghurt on half of the plate and top with the roasted veggies. Side with the sliced steak and all its pan juices. Garnish with the remaining mint.



## Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway). In the final 5-8 minutes, add the halved green beans & the dressed kale.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 400kj   |
| Energy             | 96kcal  |
| Protein            | 8.5g    |
| Carbs              | 5g      |
| of which sugars    | 1g      |
| Fibre              | 2g      |
| Fat                | 2.5g    |
| of which saturated | 0.8g    |
| Sodium             | 123.6mg |

## Allergens

Cow's Milk, Allium, Sulphites

Eat  
Within  
4 Days