



UCOOK

Sizzling Serengeti Rump

with crispy potato wedges, **NOMU**
African Rub & a spritely salad

Add a taste of East Africa to the menu with cumin, coriander, and ajowan. To pep you right up, this aromatic beef comes with a tangy salad, filled with sun-dried tomatoes and green leaves. A whole lotta flavour in minimal time!

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Deon Huysamer

 Easy Peasy

 Warwick Wine Estate | Professor Black Pitch
Black

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Ingredients & Prep

600g	Potato <i>rinsed & cut into wedges</i>
20ml	NOMU One For All Rub
180g	Cannellini Beans <i>drained & rinsed</i>
30g	Sunflower Seeds
52,5ml	Tangy Dressing <i>(30ml Apple Cider Vinegar, 7,5ml Mustard & 15ml Honey)</i>
120g	Sun-dried Tomatoes <i>drained & roughly chopped</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. GOLDEN WEDGES Preheat the oven to 200°C. Spread out the potato wedges on a roasting tray. Coat in oil, the One For All Rub, and some seasoning to taste. Roast in the hot oven for 35-40 minutes until cooked through. Place the drained cannellini beans on a separate roasting tray and coat in oil. Toss through some seasoning.

2. GET THOSE CANNELLINIS CRISPY When the potato wedges reach the halfway mark, give them a shift and return to the oven. Pop in the tray of cannellini beans and cook for the remaining roasting time. On completion, the wedges and beans should both be crisping up.

3. 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.

4. A LITTLE TANG & A LITTLE CRUNCH Place the tangy dressing in a salad bowl with 1.5 tbsp of olive oil and mix well to combine. 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. Return the pan to 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. 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 crunchy potato wedges and cannellini beans. Side with the juicy rump slices and the tangy, tossed salad. Garnish with the toasted sunflower seeds and sink into dinner bliss...



Chef's Tip

To make the salad dressing, place the ingredients in a clean jar, close the lid up tight, and shake, shake, shake! Using a jar emulsifies the dressing much more successfully than just mixing it in a bowl!

Nutritional Information

Per 100g

Energy	560kj
Energy	134Kcal
Protein	8.6g
Carbs	13g
of which sugars	3.6g
Fibre	2.4g
Fat	4.1g
of which saturated	0.9g
Sodium	215mg

Allergens

Allium, Sulphites

Cook
within
4 Days