



UCOOK

Beef Rump & Roast Potatoes

**with toasted sunflower seeds & a basil
pesto dressing**

A fail-proof recipe packed with flavour. Butter-basted rump steak slices, sided with a NOMU Rub-spiced baby potato and a sun-dried tomato salad. Finished with toasted sunflower seeds and a Pesto Princess Basil Pesto drizzle.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

Fan Faves

Muratie Wine Estate | Muratie Melck's Blended
Red 2020

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Ingredients & Prep

200g	Baby Potatoes <i>rinse & cut in half</i>
10ml	NOMU Provençal Rub
10g	Sunflower Seeds
20ml	Pesto Princess Basil Pesto
160g	Free-range Beef Rump
20g	Sun-dried Tomatoes <i>drain</i>
3g	Fresh Parsley <i>rinse, pick & finely chop</i>
20g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. NOMU-SPICED POTATOES Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. SEEDS & PESTO 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. In a small bowl, loosen the basil pesto with water in 5ml increments until drizzling consistency. Set aside.

3. SENSATIONAL 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 remaining NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. CLASSIC COMBO In a salad bowl, toss together the drained sun-dried tomatoes, ½ the chopped parsley, the rinsed leaves, seasoning, and a drizzle of olive oil.

5. A MEMORABLE MEAL Plate up the steak slices. Side with the crispy potatoes and the sun-dried tomato salad. Drizzle over the loosened pesto. Sprinkle over the remaining parsley and the toasted seeds. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil, ½ the NOMU rub, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	695kj
Energy	166kcal
Protein	10.2g
Carbs	10g
of which sugars	2.3g
Fibre	1.9g
Fat	6.8g
of which saturated	1.6g
Sodium	124mg

Allergens

Egg, Allium, Sulphites, Cow's Milk

Eat
Within
4 Days