



# UCCOOK

## Asian Beef Rump Strips & Slaw

with peanuts & fresh chilli

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Rhea Hsu

**Wine Pairing:** Strandveld | Grenache

### Nutritional Info

	Per 100g	Per Portion
Energy	604kJ	3113kJ
Energy	145kcal	744kcal
Protein	8.2g	42.4g
Carbs	6g	33g
of which sugars	2.4g	12.5g
Fibre	1.8g	9.4g
Fat	4.7g	24.1g
of which saturated	1g	5.4g
Sodium	149mg	767mg

**Allergens:** Egg, Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Soy

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 3		[Serves 4]
15ml	20ml	Mixed Sesame Seeds
150g	200g	Corn
450g	600g	Beef Rump Strips
15ml	20ml	NOMU One For All Rub
150ml	200ml	Asian Dressing (60ml [80ml] Kewpie Mayo, 45ml [60ml] Low Sodium Soy Sauce, 15ml [20ml] Sesame Oil & 30ml [40ml] Rice Wine Vinegar)
300g	400g	Cabbage <i>rinse &amp; finely slice</i>
240g	240g	Carrot <i>rinse, trim, peel &amp; cut 1½ [2] into matchsticks or grate</i>
60g	80g	Green Leaves <i>rinse &amp; roughly shred</i>
8g	10g	Fresh Coriander <i>rinse &amp; pick</i>
30g	40g	Peanuts <i>roughly chop</i>
1	1	Fresh Chilli <i>rinse, trim, deseed &amp; slice</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter  
Seasoning (salt & pepper)

1. **SIMPLY SESAME** Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

2. **CORN YOU BELIEVE IT?** Return the pan to high heat with a drizzle of oil. Fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

3. **THE STEAKS ARE HIGH** Return the pan to medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. Sear the beef until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices, and season.

4. **EVERYTHING ASIAN SALAD** In a salad bowl, combine the Asian dressing with a sweetener and seasoning. Toss through the corn, the cabbage, the carrot, the green leaves, ½ the coriander, ½ the sesame seeds, and ½ the peanuts.

5. **RAINBOW ON A PLATE** Plate up the Asian slaw salad. Top with the juicy rump strips. Sprinkle over the remaining peanuts and sesame seeds. Garnish with the remaining coriander and the chilli (to taste).  
Delish, Chef!