



UCOOK

Beef Rump & Stuffed Avocados

with a spicy corn & tomato salsa


Beautiful beef rump is seared and basted until charred and juicy, before being sliced and served alongside avocado halves stuffed with a jalapeño, tomato & corn salsa. Wow, that was a mouthful, and so is this dish! Deliciousness in every single bite.

Hands-On Time: 10 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Ella Nasser

 Carb Conscious

 Boschendal | Rachelsfontein Chenin Blanc

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Ingredients & Prep

160g	Free-range Beef Rump
10ml	NOMU Mexican Rub
50g	Corn
10g	Pickled Jalapeños <i>drained</i>
1	Tomato <i>½ diced</i>
5ml	Lime Juice
1	Avocado
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. SIZZLING RUMP Place a pan over a medium-high heat with a drizzle of oil. Pat the steak dry with some paper towel. When the pan is hot, sear the steak, fat-side down, for 3-5 minutes until crispy. Then, fry for 2-4 minutes per side or until cooked to your preference (this time frame may depend on the thickness of the steak). During the final 1-2 minutes, baste with a knob of butter or a drizzle of oil and the rub. Remove from the pan on completion and allow to rest for 5 minutes before slicing. Lightly season the slices.

2. LET'S SALSA In a bowl, combine the corn, the drained jalapeños, the diced tomato, the lime juice and seasoning.

3. ALL YOU AVO WANTED Halve the avocado and remove the pip. Peel off the avocado skin, keeping the flesh intact. Season with salt and pepper and stuff each half with the spicy salsa. Toss the rinsed green leaves with a drizzle of oil and seasoning.

4. STEAK & SALSA NIGHT! Make a bed of the dressed green leaves. Serve with the sizzling Mexican rump slices alongside the salsa-stuffed halved avocado. Serve any remaining salsa on the side. Finish off with a good crack of black pepper. Gorgeous, Chef!

Nutritional Information

Per 100g

Energy	525kJ
Energy	125Kcal
Protein	7.6g
Carbs	6g
of which sugars	1.7g
Fibre	2.6g
Fat	6.1g
of which saturated	1.2g
Sodium	119mg

Allergens

Allium, Sulphites

Cook
within
4 Days