



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!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jade Summers

*New Calorie Conscious

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

150g	Beetroot <i>rinse, deseed, peel (optional) & cut into half-moons</i>
50g	Kale <i>rinse & roughly shred</i>
80g	Green Beans <i>rinse, trim & cut in half</i>
10ml	Rice Wine Vinegar
160g	Beef Rump
10ml	NOMU One For All Rub
40ml	Low Fat Plain Yoghurt
3g	Fresh Mint <i>rinse, pick & 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