



UCOOK

Mustard Beef Rump & Roasted Carrots

with crispy chickpeas & parsley yoghurt

It's a taste sensation all the way, Chef! From the oven roasted carrots, onions, and crispy chickpeas to the browned beef rump strips drizzled with a vinegary wholegrain mustard dressing, to the parsley yoghurt.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

 Carb Conscious

 Waterford Estate | Waterford Antigo

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Ingredients & Prep

720g	Carrot <i>rinse, trim & cut into chunks on the diagonal</i>
2	Onions <i>peel & cut into thin wedges</i>
30ml	NOMU African Rub
360g	Chickpeas <i>drain & rinse</i>
30g	Sunflower Seeds
450g	Free-range Beef Rump Strips
60ml	Mustard Dressing <i>(30ml Wholegrain Mustard & 30ml Red Wine Vinegar)</i>
90ml	Low Fat Plain Yoghurt
8g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the carrot chunks and the onion wedges on a roasting tray. Coat in oil, $\frac{3}{4}$ of the NOMU rub, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. CHICKPEAS Coat the drained chickpeas in oil and season. When the roast has been in for 10 minutes, scatter the chickpeas over, and roast for the remaining time.

3. TOAST 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.

4. BEEF STRIPS Return the pan to medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the remaining NOMU rub. Remove from the pan and season.

5. SOME PREP In a small bowl, combine the mustard dressing with a drizzle of olive oil and seasoning. In a separate bowl, combine the yoghurt with $\frac{1}{2}$ the chopped parsley. Season and set aside.

6. TIME TO EAT Make a bed of the roast, top with the beef strips, and drizzle over the mustard dressing. Scatter over the toasted sunflower seeds, dollop over the herby yoghurt, and garnish with the remaining chopped parsley. Look at you, Chef!



Chef's Tip

Air fryer method: Coat the carrot pieces, the onion wedges, and the drained chickpeas in oil, $\frac{3}{4}$ of the NOMU rub, and seasoning. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	485kj
Energy	116kcal
Protein	7.7g
Carbs	10g
of which sugars	3.2g
Fibre	2.7g
Fat	3.1g
of which saturated	0.7g
Sodium	103mg

Allergens

Allium, Sulphites, Cow's Milk

Cook
within
4 Days