



# UCOOK

## Almond-Crusted Rump

**with mustard, butternut chunks & gremolata**

The rump with a Dijon crunch! Flavoursome steak baked in a Dijon mustard and ground almond crust. With sides of a tomato and rocket salad, parsley-packed gremolata, and of course, roast butternut chunks. A new twist on a timeless combo.

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**Hands-On Time:** 30 minutes

**Overall Time:** 60 minutes

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**Serves:** 3 People

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**Chef:** Klaudia Weixelbaumer

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♥ Health Nut

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 Anthonij Rupert | L'Ormarins Brut Rosè  
Vintage

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## Ingredients & Prep

|      |                                                                                          |
|------|------------------------------------------------------------------------------------------|
| 750g | Butternut<br><i>deseeded, peeled<br/>(optional) &amp; cut into<br/>bite-sized chunks</i> |
| 10g  | Fresh Parsley<br><i>rinsed, picked &amp; roughly<br/>chopped</i>                         |
| 2    | Lemons<br><i>1½ zested &amp; cut into<br/>wedges</i>                                     |
| 2    | Garlic Cloves<br><i>peeled &amp; grated</i>                                              |
| 300g | Baby Tomatoes<br><i>rinsed &amp; quartered</i>                                           |
| 90ml | Ground Almonds                                                                           |
| 480g | Free-range Beef Rump<br>Steak                                                            |
| 45ml | Dijon Mustard                                                                            |
| 60g  | Green Leaves<br><i>rinsed</i>                                                            |

## From Your Kitchen

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

**1. THOSE WONDROUS CHUNKS** Preheat the oven to 200°C. Place the butternut chunks on a roasting tray, coat in oil, and season. To make sure they do get crispy, don't overcrowd the tray — use two trays instead! Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

**2. MAKE THE GREMOLATA** Place the chopped parsley, the juice of 3 lemon wedges, the grated garlic, some lemon zest, and 1 tbsp of olive oil in a bowl. Mix until fully combined. In a separate bowl, place the quartered baby tomatoes with a drizzle of oil, a squeeze of lemon juice, and some seasoning. Toss to coat and set aside to marinate.

**3. RUMP WITH A DIJON CRUNCH** Place the ground almonds on a plate with some seasoning. When the butternut chunks are halfway, pat the steaks dry with some paper towel. Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, sear the steak fat-side down for 3-5 minutes until the fat is crispy. Then, fry each side for 2-3 minutes until browned but not cooked through. Remove from the pan, smear the mustard on both sides and coat with ground almond. Place the coated rump on a greased roasting tray and pop in the oven to roast for 5-6 minutes until cooked through to your preference. (The time this takes will depend on the thickness of the steak.) Remove from the oven and rest for 5 minutes before slicing and lightly seasoning.

**4. FRESH ELEMENTS** Just before serving, toss the rinsed green leaves together with the marinated baby tomatoes. Add another drizzle of olive oil and more seasoning, if necessary.

**5. DELISH DINS!** Plate the butternut chunks and tangy salad alongside the slices of almond and mustard-crust rump. Garnish with a lemon wedge and drizzle over the homemade gremolata. Beautiful and bountiful!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 442kJ   |
| Energy             | 106Kcal |
| Protein            | 7.5g    |
| Carbs              | 7g      |
| of which sugars    | 1.4g    |
| Fibre              | 2.2g    |
| Fat                | 3.6g    |
| of which saturated | 0.8g    |
| Sodium             | 75mg    |

## Allergens

Allium, Sulphites, Tree Nuts

Cook  
within  
4 Days