



UCCOOK

Chimichurri Beef Rump

with carrot wedges & a garden salad

Partner up with your greens for this jazzy number. Free-range beef rump struts its stuff with roast carrot wedges and an elegant salad – all dressed with homemade chimichurri. Ay, caramba!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Klaudia Weixelbaumer

♥ Health Nut

 Warwick Wine Estate | Professor Black Pitch Black

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Ingredients & Prep

240g	Carrot <i>rinsed, trimmed & cut into wedges</i>
7,5ml	NOMU Peri-Peri Rub
10g	Pumpkin Seeds
3g	Fresh Parsley <i>rinsed & finely chopped</i>
4g	Fresh Coriander <i>rinsed & finely chopped</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
1	Lemon <i>½ zested & cut into wedges</i>
160g	Free-range Beef Rump
20g	Salad Leaves <i>rinsed</i>
50g	Cucumber <i>finely sliced into half-moons</i>
20g	Radish <i>rinsed & sliced into thin rounds</i>
40g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. CRISP THE CARROT Preheat the oven to 200°C. Spread out the carrot wedges on a roasting tray, coat in oil, the peri-peri rub and seasoning. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

2. CRUNCHY SEEDS Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn gold. Remove from the pan.

3. HOMEMADE CHIMICHURRI In a bowl, add the chopped parsley, the chopped coriander, the sliced chilli (to taste), 30ml of olive oil, some lemon zest, a squeeze of lemon juice and some seasoning. Mix until fully combined.

4. SIZZLING STEAK When the wedges have 10-15 minutes remaining, return the pan to a medium-high heat with a drizzle of oil. Pat the steak dry with some paper towel and season. When the pan is hot, sear the steak, fat-side down, for about 3-5 minutes until the fat is crispy. Then, cook each side for 3-4 minutes, or until cooked to your preference. (The time this takes will depend on the thickness of the steaks.) In the final minute, baste the steaks with a knob of butter. Remove from the pan and allow to rest for 5 minutes before slicing. Lightly season the slices.

5. ASSEMBLE THE SALAD In a salad bowl, add the rinsed salad leaves, the cucumber half-moons, the radish rounds, a drizzle of olive oil, and a squeeze of lemon juice. Crumble in the feta, toss to combine, and season to taste.

6. SASSY STEAK DINNER Plate up the crispy carrot wedges alongside the fragrant beef rump slices. Drizzle the chimichurri over the beef. Serve the fresh salad on the side with a scattering of toasted pumpkin seeds. Time for your taste buds to tango!



Chef's Tip

For this recipe, you can peel your carrots when prepping them if you don't like the skin — and you have the extra time and energy!

Nutritional Information

Per 100g

Energy	457kJ
Energy	109Kcal
Protein	8.1g
Carbs	6g
of which sugars	2.7g
Fibre	1.7g
Fat	4.1g
of which saturated	1.9g
Sodium	145mg

Allergens

Dairy, Allium

Cook
within
4 Days