



UCCOOK

Sultana Butter & Beef Rump

with bulgur wheat & fresh parsley

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Fan Faves: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Muratie Wine Estate | Muratie Melck's-Blended Red

Nutritional Info	Per 100g	Per Portion
Energy	537kJ	3970kJ
Energy	128kcal	950kcal
Protein	7.1g	52.5g
Carbs	15g	113g
of which sugars	3.5g	26.2g
Fibre	3g	22.4g
Fat	3.4g	24.9g
of which saturated	0.6g	4.8g
Sodium	40mg	295mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites, Tree Nuts

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Bulgur Wheat
1	1	Onion <i>peel & dice</i>
50g	100g	Corn
50g	100g	Cucumber <i>rinse & dice</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
1	1	Lemon <i>rinse & cut into wedges</i>
160g	320g	Beef Rump
5ml	10ml	NOMU One For All Rub
20g	40g	Mixed Nuts <i>(10g [20g] Pecan Nuts & 10g [20g] Almonds)</i>
15g	30g	Golden Sultanas

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Seasoning (salt & pepper)

1. BULGUR WHEAT Boil the kettle. Place the bulgur wheat in a pot with 150ml [300ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain (if necessary), fluff with a fork, and set aside.

2. ONION Peel and dice the onion. Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Set aside.

3. CORN Return the pan to medium-high heat with a drizzle of oil. Fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. BULGUR WHEAT BASE Rinse and dice the cucumber. Rinse and roughly chop the parsley. Rinse and cut the lemon into wedges. Add the cooked bulgur wheat to a bowl. Mix through the golden onion, the cucumber, the charred corn, $\frac{2}{3}$ of the parsley, the juice of 1 [2] lemon wedge/s, a drizzle of olive oil, and seasoning. Set aside.

5. STEAK Return the pan to 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, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

6. NUT & SULTANA BUTTER While the steak is resting, roughly chop the mixed nuts and the sultanas. Place a clean pan over medium-high heat with 30g [60g] of butter. Once foaming, add the mixed nuts and the sultanas. Fry until the sultanas are plumped, 1-2 minutes. Remove from the heat. Mix through the juice of the remaining lemon wedge/s (a generous squeeze!)

7. PLATE UP Plate up the loaded bulgur wheat. Top with the seasoned steak slices and the nut & sultana butter. Garnish with the remaining parsley.