



U C O O K

— COOKING MADE EASY

ALMOND-CRUSTED RUMP

with crunchy ground almonds, sweet potato wedges & homemade gremolata

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

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Klaudia Weixelbaumer

 **Health Nut**

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Ingredients & Prep

500g	Sweet Potato <i>rinsed & cut into wedges</i>
8g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
1	Garlic Clove <i>peeled & grated</i>
1	Lemon <i>zested & cut into wedges</i>
200g	Baby Tomatoes <i>rinsed & halved</i>
320g	Free-Range Beef Rump
30ml	Dijon Mustard
60ml	Ground Almonds
40g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. THOSE WONDROUS WEDGES Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray, coat in oil, and season. 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 in a bowl with the juice of 2 lemon wedges and mix in some grated garlic and lemon zest to taste. Combine with 1 tbsp of olive oil to form a paste and set aside for serving. Place the halved baby tomatoes in a bowl with a drizzle of oil and some seasoning. Toss to coat and set aside to marinate.

3. RUMP WITH A DIJON CRUNCH When the wedges are halfway, pat the steak 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 1-2 minutes until browned but not cooked through. Remove from the pan, place on a roasting tray, and pour over the pan juices. Smear the Dijon mustard over the top of the steak, evenly sprinkle over the ground almonds, and gently pat down to form the crust. Roast in the oven for 3-4 minutes until cooked through to your preference. (The time this takes will depend on the thickness of the steak.) Remove from the oven and set aside to rest in the tray for 5 minutes. Season the steak and cut in half.

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

5. DELISH DINS! Plate the sweet potato wedges and tangy side salad alongside two pieces of almond- and mustard-crusted rump. Garnish with a lemon wedge and serve the homemade gremolata on the side. Beautiful and bountiful!



Chef's Tip

Tomatoes are high in antioxidants and vitamin C. Cherry tomatoes in particular have a slightly higher beta-carotene content than regular, large tomatoes.

Nutritional Information

Per 100g

Energy	472kj
Energy	113Kcal
Protein	6.9g
Carbs	10g
of which sugars	3.1g
Fibre	2.2g
Fat	3.3g
of which saturated	0.8g
Sodium	89mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within
4 Days