



UCOOK

Lamb Rump Bruschetta

with balsamic reduction & fresh tomato

Nothing screams “super quick” and “super flavoursome” quite like bruschetta. Rubbing the toasted bread with roasted garlic helps impart a ton of flavour into your tiny toasts, before they are topped with tomatoes, onion, and juicy lamb rump for the ultimate simple dinner!

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Megan Bure

 Fan Faves

 Fat Bastard | The Golden Reserve

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Ingredients & Prep

2	Garlic Cloves
640g	Free-range Lamb Rump
4	Sourdough Baguettes <i>cut into 1-2cm thick slices</i>
2	Tomatoes <i>finely diced</i>
1	Red Onion <i>peeled & finely diced</i>
80g	Green Leaves <i>rinsed</i>
100g	Italian-style Hard Cheese <i>peeled into ribbons</i>
60ml	Balsamic Reduction

From Your Kitchen

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

1. FRAGRANT GARLIC Preheat the oven to 200°C. Place the whole, unpeeled garlic cloves in the oven and roast for 10-15 minutes until soft.

2. FRY AWAY WITH ME Pat the lamb rump dry with some paper towel. Place a pan over a medium-high heat with a drizzle of oil. When hot, sear the steaks fat-side down, for 3-5 minutes until crispy. Then, fry for 3-4 minutes per side. Remove from the pan and wrap in a piece of tinfoil. Finish it off in the oven for 5-7 minutes until cooked to your preference. Remove on completion and allow to rest inside the tinfoil for 5 minutes before thinly slicing and seasoning.

3. RAISE A TOAST Butter the cut sides of the baguette slices or drizzle with oil. Return the pan, wiped down if necessary, to a medium heat. When hot, add the baguette slices, cut-side down, and toast for 1-2 minutes per side, until browned. When the garlic is soft, carefully squeeze out the flesh on to a chopping board. Roughly chop and smear on to the toasted baguette slices (to taste).

4. LAST STEP In a bowl, combine the diced tomato and the diced onion with a drizzle of olive oil and seasoning. In a separate bowl, combine ½ the rinsed green leaves, the cheese ribbons, seasoning, and a drizzle of oil.

5. OUR BRUSCHETTA IS BETTER! Place down the aromatic baguette slices. Top with the remaining green leaves, the dressed onion and tomato, and the slices of the juicy lamb rump. Drizzle over the balsamic reduction. Serve the green salad on the side. Don't forget to finish with a sprinkle of salt and a grind of pepper!



Chef's Tip

Meat continues to cook while resting.
Remember this when cooking the lamb to your preference.

Nutritional Information

Per 100g

Energy	706kJ
Energy	169Kcal
Protein	8.8g
Carbs	16g
of which sugars	4.8g
Fibre	1g
Fat	7.4g
of which saturated	2.9g
Sodium	174mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days