



# UCCOOK

## Moroccan Beef Rump

with crispy pita & avocado hummus

**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Delheim Wines | Delheim Merlot

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 680kJ    | 2998kJ      |
| Energy             | 163kcal  | 717kcal     |
| Protein            | 10.4g    | 46g         |
| Carbs              | 13g      | 55g         |
| of which sugars    | 2g       | 8.7g        |
| Fibre              | 1.9g     | 8.2g        |
| Fat                | 5.4g     | 23.8g       |
| of which saturated | 1.1g     | 4.8g        |
| Sodium             | 267mg    | 1177mg      |

**Allergens:** Sulphites, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                |
|----------|------------|----------------------------------------------------------------|
| 3        | 4          | Pita Flatbreads<br><i>cut into quarters</i>                    |
| 3        | 4          | Tomatoes<br><i>rinse &amp; roughly dice</i>                    |
| 60g      | 80g        | Pitted Kalamata Olives<br><i>drain &amp; roughly chop</i>      |
| 8g       | 10g        | Fresh Mint<br><i>rinse, pick &amp; roughly chop</i>            |
| 30ml     | 40ml       | Lemon Juice                                                    |
| 2        | 2          | Fresh Chillies<br><i>rinse, trim, deseed &amp; finely chop</i> |
| 480g     | 640g       | Beef Rump                                                      |
| 22.5ml   | 30ml       | NOMU Moroccan Rub                                              |
| 150ml    | 200ml      | Avocado Hummus                                                 |
| 15g      | 20g        | Crispy Onion Bits                                              |

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

**1. PITA CHIPS** Place a pan over medium heat with enough oil to cover the base. When hot, fry the pita pieces until crispy, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season. Alternatively: Coat the pita quarters in oil and season. Air fry at 200°C until crispy, 6-8 minutes (shifting halfway). You may need to do this step in batches.

**2. SOME FRESHNESS** In a bowl, combine the tomato, the olives, the mint, the lemon juice, the chilli (to taste), a drizzle of olive oil, and add seasoning.

**3. BEEF** Return the pan to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. 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.

**4. TIME TO EAT** Plate up a dollop of the hummus, side with the tomato salsa, the pita chips, and the beef slices. Sprinkle over the crispy onion bits and dig in, Chef!