



# UCOOK

## Beef Rump, Dill & Feta Salad

**with bell pepper & cucumber**

A sensational salad inspired by the summer months but adapted by our clever UCOOK Chefs for the colder autumn season. By roasting onion petals and carrot wedges, then tossing it with fresh greens, cucumber, pepper strips, dill & creamy feta, you get healthy heartiness. Top with the butter-basted beef strips and dig in, Chef!

---

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

---

**Serves:** 1 Person


---

**Chef:** Hellen Mwanza

---

 Carb Conscious

---

 Waterford Estate | Waterford Pecan Stream  
Sauvignon Blanc

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us  
@ucooksa #lovingucook

## Ingredients & Prep

1	Onion <i>peel &amp; cut into thick wedges</i>
240g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
7,5ml	NOMU Italian Rub
150g	Free-range Beef Rump Strips
10ml	Balsamic Vinegar
20g	Green Leaves <i>rinse &amp; roughly shred</i>
50g	Cucumber <i>rinse &amp; cut into half-moons</i>
1	Bell Pepper <i>rinse, deseed &amp; cut ½ into strips</i>
3g	Fresh Dill <i>rinse, pick &amp; finely chop</i>
30g	Danish-style Feta <i>drain</i>

## From Your Kitchen

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

**1. NOMU RUB-ROASTED VEG** Preheat the oven to 200°C. Separate the layers of the onion wedges into petals. Spread the carrot pieces and onion petals on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. BROWNED BEEF STRIPS** Place a pan over medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter. Remove from the pan and season. Cut into bite-sized pieces.

**3. COLOURFUL MEDLEY** In a salad bowl, combine the balsamic vinegar with 10ml of olive oil. Toss through the shredded leaves, the cucumber half-moons, the roasted carrot & onion, and the pepper strips. In a small bowl, combine the chopped dill and the drained feta.

**4. DINNER IS DONE** Bowl up the loaded salad. Scatter over the beef chunks and the feta & dill. Lovely work, Chef!

## Nutritional Information

Per 100g

Energy	332kj
Energy	79kcal
Protein	5.7g
Carbs	6g
of which sugars	2.9g
Fibre	1.6g
Fat	2.5g
of which saturated	1.1g
Sodium	85mg

## Allergens

Allium, Sulphites, Cow's Milk

Cook  
within  
4 Days