



U C O O K

— COOKING MADE EASY

RAZZLE-DAZZLE RUMP

with a garlic butter basting & chipotle sweet potato wedges

A steak-and-wedges combo is hard to outdo, but this snazzy rendition is extra fine! Scrumptious garlic butter rump, sweet potato wedges roasted in chipotle spice, zesty green beans, and salad with maple syrup and lemon dressing.

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Alex Levett

 **Easy Peasy**

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into wedges (skin on)</i>
10ml	Chipotle Spice <i>(5ml NOMU Cajun Rub & 5ml NOMU Chipotle Flakes)</i>
10g	Pumpkin Seeds
80g	Green Beans <i>rinsed, trimmed & halved</i>
1	Lemon <i>one half zested & cut into wedges</i>
1	Garlic Clove <i>peeled & grated</i>
10ml	Maple Syrup
160g	Free-Range Beef Rump
20g	Green Leaves <i>rinsed</i>
20g	Radish <i>rinsed & thinly sliced into rounds</i>

From Your Kitchen

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

1. ROAST THE WEDGES Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray. Coat in oil, some seasoning, and the Chipotle Spice to taste. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. TOAST THE PUMPKIN SEEDS Place the pumpkin seeds in a nonstick pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool. Weigh out 20g of butter and set aside until room temperature.

3. ZESTY GREEN BEANS Return the pan to a medium-high heat with a drizzle of oil and a splash of water to cover the base. Once simmering, cook the halved green beans for 3-4 minutes until al dente. On completion, drain any remaining water and place the beans in a bowl. Squeeze in the juice of 1 lemon wedge, add some lemon zest to taste, and toss to coat. Season to taste, cover to keep warm, and set aside.

4. RAVISHING RUMP When the roast sweet potato is halfway, combine the grated garlic with the softened butter and season to taste. Pat the steak dry with some paper towel and coat in oil. Return the pan to a medium-high heat. When hot, sear the steak fat-side down for 2-3 minutes until the fat is crispy. Then, cook each side for 2-4 minutes or until cooked to your preference. (The time this takes will depend on the thickness of the steak.) In the final minute, add in the garlic butter and use it to baste the steak. Remove from the pan on completion, reserving the pan juices for serving. Set aside to rest for 5 minutes before slicing. Lightly season the slices.

5. SWEET AND SOUR SALAD Place the maple syrup, the juice of 1 lemon wedge, and 20ml of olive oil in a salad bowl. Whisk until fully combined and season to taste. Toss through the rinsed green leaves, zesty green beans, and sliced radish until coated.

6. RAZZLE-DAZZLE DINNER Lay out the tender slices of rump steak and drizzle over the reserved garlic butter from the pan to taste. Side with the chipotle sweet potato wedges and the dressed salad. Garnish with the toasted pumpkin seeds and some lemon zest to taste. Look at you go, Chef!



Chef's Tip

To cook food 'al dente' means to cook it so that it's still firm when bitten. It should be tender, but not soft. This typically refers to pasta, but can also apply to other grains, as well as a range of veg. Remember this when you see 'al dente' in other recipes! In the case of your green beans, they should still have a slight snap to them when cooked.

Nutritional Information

Per 100g

Energy	505kJ
Energy	121Kcal
Protein	7.3g
Carbs	12g
of which sugars	6.3g
Fibre	1.8g
Fat	2.3g
of which saturated	0.7g
Sodium	69mg

Allergens

Allium

Cook
within
4 Days