



# UCOOK

## Beef Rump & Red Pepper Feta Dip

with **crispy chickpeas & potatoes**

You know you've graduated from enthusiastic homecook to a home-based culinary creator when making your own red pepper hummus feta dip, Chef! This will become a delicious smear on the plate, topped with a medley of oven roasted potatoes & chickpeas. Completed with butter-basted, thyme-infused steak slices, toasted walnuts and fresh parsley.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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Adventurous Foodie

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Vilafonté | Seriously Old Dirt 2021

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## Ingredients & Prep

600g	Potato <i>rinse &amp; cut into bite-sized pieces</i>
30g	Walnuts <i>roughly chop</i>
90ml	Red Pepper Hummus
60g	Piquanté Peppers <i>drain</i>
150ml	Greek Yoghurt
120g	Traditional Feta Blocks <i>drain</i>
45ml	Lemon Juice
180g	Chickpeas <i>drain &amp; rinse</i>
16g	Mixed Herbs <i>(8g Fresh Thyme &amp; 8g Fresh Parsley)</i>
480g	Free-range Beef Rump

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 200°C. Spread the potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. NUTS** Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. DIPPING SAUCE** In a blender, add the red pepper hummus, the drained peppers, the yoghurt, the drained feta, and the lemon juice (to taste). Blend until smooth and season. Set aside in the fridge.

**4. CHICKPEAS** Coat the rinsed chickpeas with oil and season. When the potato pieces have 12-15 minutes to go, scatter over the chickpeas, and roast for the remaining time until the chickpeas are crispy.

**5. HERB PREP** Rinse the thyme, and rinse and pick the parsley.

**6. STEAK** Return the pan to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, 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 thyme sprigs. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**7. DINNER IS READY** Smear the red pepper feta dip on a plate, top with the crispy roast, side with the steak slices, and sprinkle over the toasted nuts. Garnish with picked parsley. Enjoy, Chef!



## Chef's Tip

Air fryer method: Coat the potato pieces and the rinsed chickpeas in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	608kJ
Energy	146kcal
Protein	9.8g
Carbs	10g
of which sugars	1.3g
Fibre	1.8g
Fat	5.2g
of which saturated	2g
Sodium	127mg

## Allergens

Allium, Sesame, Sulphites, Tree Nuts,  
Cow's Milk

Eat  
Within  
4 Days