

UCOOK

Moroccan Beef Rump & Roast Carrots

with fresh parsley & toasted almonds

Today's dinner will take you on a taste expedition! Juicy beef slices are sided with a roast veg medley and a salad of sweet-tangy sun-dried tomatoes, nutty almonds, creamy Danish-style feta, refreshing cucumber & lemon juice.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

Carb Conscious

 Creation Wines | Creation Pinot Noir

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Ingredients & Prep

240g	Carrot <i>rinse, trim, peel & cut into wedges</i>
1	Onion <i>peel & cut ½ into wedges</i>
10g	Almonds <i>roughly chop</i>
2,5ml	Cumin Seeds
160g	Free-range Beef Rump
10ml	NOMU Moroccan Rub
10ml	Lemon Juice
20g	Green Leaves <i>rinse</i>
30g	Danish-style Feta <i>drain</i>
20g	Sun-dried Tomatoes <i>drain</i>
50g	Cucumber <i>rinse & roughly dice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)
Sugar/Sweetener/Honey

1. ROAST VEG Preheat the oven to 200°C. Spread the carrot wedges and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through and crispy, 25-30 minutes (shifting halfway).

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

3. CUMIN SEEDS When the roast has 10 minutes remaining, toss the cumin seeds through the veg and return to the oven for the remaining time.

4. SEARED RUMP 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 (optional) and the NOMU rub. Remove from the pan, reserving the pan juices, and rest for 5 minutes before slicing and seasoning.

5. NUTTY SALAD In a salad bowl, combine the lemon juice, a drizzle of olive oil, a sweetener (to taste), and seasoning. Toss through the rinsed green leaves, the drained feta, ½ the toasted almonds, the sliced sun-dried tomatoes, and the diced cucumber.

6. ARABIAN NIGHT Plate up the beef slices and drizzle over any reserved pan juices. Side with the dressed salad and the roasted veg. Garnish with the remaining almonds. There you have it, Chef!

Nutritional Information

Per 100g

Energy	469kJ
Energy	112kcal
Protein	7.6g
Carbs	7g
of which sugars	3.5g
Fibre	1.9g
Fat	4.4g
of which saturated	1.5g
Sodium	155mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
4 Days