



UCOOK

Moroccan Beef Rump & Cumin 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: 45 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Megan Bure

Carb Conscious

Creation Wines | Creation Pinot Noir

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Ingredients & Prep

960g	Carrot <i>rinse, trim, peel & cut into wedges</i>
2	Onions <i>peel & cut into wedges</i>
40g	Almonds <i>roughly chop</i>
10ml	Cumin Seeds
640g	Beef Rump
40ml	NOMU Moroccan Rub
40ml	Lemon Juice
80g	Salad Leaves <i>rinse</i>
120g	Danish-style Feta <i>drain</i>
80g	Sun-dried Tomatoes <i>drain & roughly slice</i>
200g	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, 30-35 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 salad 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	438kJ
Energy	105kcal
Protein	6.9g
Carbs	7g
of which sugars	3.7g
Fibre	1.9g
Fat	4g
of which saturated	1.4g
Sodium	138mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
3 Days