



# UCOOK

## Beef Rump Tagliata

**with crispy, lemony chickpeas & baby tomatoes**

The combination of the juicy steak, baby tomatoes, salad leaves, lemony chickpeas, and piquanté peppers, all brought together with a light, tangy dressing makes for a flavourful and satisfying salad.

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**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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Quick & Easy

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Strandveld | The Navigator Red Blend

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## Ingredients & Prep

360g	Chickpeas <i>drain &amp; rinse</i>
45ml	Lemon Juice
480g	Beef Rump
15ml	NOMU One For All Rub
60ml	Balsamic Vinegar
240g	Baby Tomatoes <i>rinse &amp; cut in half</i>
60g	Salad Leaves <i>rinse &amp; roughly shred</i>
60g	Piquanté Peppers <i>drain</i>
30g	Sunflower Seeds

## From Your Kitchen

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

**1. CRISPY CHICKPEAS** Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Deglaze the pan with the lemon juice. Remove from the pan and season.

**2. BEEF RUMP** Place a pan over 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 NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**3. JUST BEFORE SERVING** In a bowl, combine the balsamic vinegar with 90ml of olive oil, a sweetener (to taste), and season. Add the halved tomatoes, the rinsed salad leaves, the lemony chickpeas, and the drained piquanté peppers.

**4. DINNER IS READY** Dish up the salad, top with the beef slices, and garnish with a sprinkle of the sunflower seeds. Well done, Chef!



## Chef's Tip

Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

## Nutritional Information

Per 100g

Energy	618kJ
Energy	148kcal
Protein	11g
Carbs	9g
of which sugars	2.5g
Fibre	2.4g
Fat	4.3g
of which saturated	1g
Sodium	71mg

## Allergens

Cow's Milk, Allium, Sulphites

Eat  
Within  
3 Days