



UCOOK

Beef Rump & Cream Cheese Salad

with **crispy chickpeas & corn**

From sweet to savoury, dips to spreads, cream cheese is such a versatile ingredient. But have you ever made a sauce from it, Chef? We show you how in this recipe, which features a colourful beetroot, onion, crispy chickpeas & corn roast. Sided with juicy steak slices and finished with the cream cheese drizzle and fresh parsley.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Hellen Mwanza

 Fan Faves

 Vergelegen | Reserve Merlot

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Ingredients & Prep

200g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized pieces</i>
1	Onion <i>peeled & cut into wedges</i>
10g	Sunflower Seeds
50g	Corn
60g	Chickpeas <i>drained & rinsed</i>
160g	Free-range Beef Rump
30ml	Cream Cheese
20g	Green Leaves <i>rinsed</i>
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

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

2. TOAST SEEDS 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.

3. CORN & CHICKPEAS Coat the corn and the rinsed chickpeas in oil and season. When the roast has been in for 10 minutes, scatter over the dressed chickpeas & corn, and roast for the remaining time until the chickpeas are crispy.

4. 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. SOME PREP In a small bowl, loosen the cream cheese with water in 5ml increments until drizzling consistency. Dress the rinsed green leaves with a drizzle of olive oil and season.

6. TIME TO EAT Make a bed of the dressed leaves. Top with the roast and the steak slices. Drizzle over the loosened cream cheese, sprinkle over the toasted seeds, and garnish with the chopped parsley.



Chef's Tip

Air fryer method: Coat the beetroot pieces and the onion wedges in oil and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway). At halfway mark, scatter over the dressed chickpeas & corn.

Nutritional Information

Per 100g

Energy	523kJ
Energy	125kcal
Protein	8.2g
Carbs	8g
of which sugars	1.7g
Fibre	2.4g
Fat	4.2g
of which saturated	1.7g
Sodium	64mg

Allergens

Dairy, Allium

Cook
within
4 Days