



UCOOK

Brilliant Beef Rump & Couscous

with basil pesto & tomato

Deeply flavourful & juicy beef rump slices sit atop a bed of light & fluffy couscous loaded with fresh tomato & fried onions. A basil pesto drizzle & feta crumble add a nice zing to the dish. So quick and super delish!

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Thea Richter

Quick & Easy

Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

225ml	Couscous
90g	Danish-style Feta
2	Tomatoes
2	Onion
60ml	Pesto Princess Basil Pesto
480g	Free-range Beef Rump
22,5ml	NOMU Provençal Rub
30g	Pumpkin Seeds

From Your Kitchen

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

1. FOR FLUFFINESS Boil the kettle. Place the couscous in a bowl with 300ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. PREPARATION STATION While the couscous is steaming, drain the feta. Rinse and roughly chop 1½ of the tomatoes. Peel and roughly slice 1½ of the onions. Loosen the pesto with olive oil in 10ml increments until drizzling consistency.

3. SIZZLING STEAK 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.

4. FRIED ONION Return the pan, wiped down, to medium heat with a drizzle of oil and a knob of butter. When hot, fry the sliced onion until golden, 6-7 minutes (shifting occasionally). To the bowl with the cooked couscous, toss through the fried onion, the chopped tomatoes, a drizzle of olive oil, and seasoning.

5. NEXT LEVEL YUM! Bowl up the loaded couscous. Top with the rump slices. Crumble over the drained feta and drizzle over the loosened pesto. Garnish with the pumpkin seeds. Enjoy, Chef!



Chef's Tip

Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	688kj
Energy	165kcal
Protein	10g
Carbs	12g
of which sugars	2.5g
Fibre	1.8g
Fat	5.6g
of which saturated	1.9g
Sodium	126mg

Allergens

Egg, Gluten, Allium, Wheat, Cow's Milk

Eat
Within
4 Days