



# UCCOOK

## Beef Rump Tagliata

with crispy, lemony chickpeas

**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Bertha Wines | Bertha Shiraz

### Nutritional Info

	Per 100g	Per Portion
Energy	576kJ	2781kJ
Energy	138kcal	666kcal
Protein	10.2g	49.3g
Carbs	8g	40g
of which sugars	2.9g	13.8g
Fibre	2.2g	10.5g
Fat	3.9g	19g
of which saturated	0.9g	4.4g
Sodium	55mg	263mg

**Allergens:** Cow's Milk, Allium, Sulphites

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
120g	240g	Chickpeas <i>drain &amp; rinse</i>
20ml	40ml	Lemon Juice
160g	320g	Beef Rump
5ml	10ml	NOMU One For All Rub
20ml	40ml	Balsamic Vinegar
1	2	Tomato/es <i>rinse &amp; cut into bite-sized pieces</i>
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
20g	40g	Piquanté Peppers <i>drain</i>
10g	20g	Sunflower Seeds

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter  
Seasoning (salt & pepper)

**1. CRISPY CHICKPEAS** Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 10-12 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** Return the pan to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. 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 30ml [60ml] of olive oil, a sweetener (to taste), and season. Add the tomatoes, the salad leaves, the lemony chickpeas, and the 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.