



# UCOOK

## Coffee Beef Rump

with a crème fraîche sauce & avocado salad

Bring the braai to your dinner table with this luxuriously tender, buttery, coffee-seasoned cut of meat, some zesty crème fraîche, warm bulgur wheat with roast tomatoes, and a classic avo salad. Or, get out the coals and take this family feast to the braai!

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person


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**Chef:** Lauren Todd

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 Fan Faves

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 Vergelegen | Reserve Merlot

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## Ingredients & Prep

75ml	Bulgu Wheat
1	Tomato <i>½ cut into bite-sized chunks</i>
160g	Free-range Beef Rump
10ml	NOMU Coffee Rub
30ml	Crème Fraîche
15ml	Lemon Juice
1	Avocado
20g	Salad Leaves <i>rinsed &amp; shredded</i>

## From Your Kitchen

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

**1. FLUFFY BULGU WHEAT** Boil the kettle. Place the bulgu wheat in a bowl with 75ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and set aside until rehydrated, 15-20 minutes. Fluff with a fork.

**2. CHAR THE TOMATOES** Place a pan over medium-high heat with a drizzle of oil. When hot, add the tomato chunks and fry until charred and softened, 4-5 minutes (shifting occasionally). Remove from the pan and set aside.

**3. RAVISHING 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 and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**4. LEMON CRÈME** In a small bowl, combine the crème fraîche with ½ the lemon juice, a drizzle of olive oil, and seasoning. Set aside.

**5. AVO SALAD** Halve the avocado and set aside the half containing the pip for another meal. Scoop out the flesh from the remaining half and cut into cubes. Place in a salad bowl and toss together with the shredded salad leaves, the remaining lemon juice, a drizzle of olive oil, and seasoning. Set aside. Toss the blistered tomatoes through the cooked bulgu wheat.

**6. GRAB A PLATE!** Dish up a pile of hearty bulgu wheat salad. Top with the succulent sliced rump and drizzle over the lemony crème fraîche. Serve the avo salad on the side. Daarsy, Chef!



## Chef's Tip

If you have the time, why not take the opportunity to light up the braai and grill the coffee-seasoned rump to smoky perfection for a proper South African steak supper and a festive evening!

## Nutritional Information

Per 100g

Energy	767kJ
Energy	183kcal
Protein	9.3g
Carbs	13g
of which sugars	1.3g
Fibre	3.8g
Fat	9.1g
of which saturated	2.9g
Sodium	115mg

## Allergens

Gluten, Dairy, Allium, Wheat

Cook  
within  
4 Days