

UCOOK

Tender Beef Rump & Spring Bean Salad

with a classic vinaigrette & bulgur wheat

Good things come in threes, and this recipe proves it with a delicious three-bean medley of kidney, butter & black beans, all tossed in a red wine vinegar & Dijon mustard vinaigrette. Completed with a serving of butter-basted beef and fluffy bulgur wheat. A quick win in the kitchen, Chef!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 Waterford Estate | Waterford Antigo

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

75ml	Bulgur Wheat
22,5ml	Classic Vinaigrette <i>(15ml Red Wine Vinegar & 7,5ml Dijon Mustard)</i>
60g	Black Beans <i>drained & rinsed</i>
60g	Kidney Beans <i>drained & rinsed</i>
60g	Butter Beans <i>drained & rinsed</i>
1	Spring Onion <i>rinsed, trimmed & finely sliced, keeping the white & green parts separate</i>
1	Tomato <i>rinsed & ½ roughly diced</i>
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
160g	Free-range Beef Rump

From Your Kitchen

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

1. BEGIN WITH BULGUR Boil the kettle. Place the bulgur 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. BEAN SALAD In a salad bowl, combine the classic vinaigrette, a drizzle of olive oil, and seasoning. If the dressing is too strong for your liking, whisk in a sweetener. Add the drained black beans, kidney beans and butter beans, the spring onion whites (to taste), the diced tomato, and ½ the chopped parsley. Toss until combined. Cover and set aside to marinate in the fridge for 15-20 minutes.

3. BROWN THE 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. BEAN THERE, DONE THAT Add the cooked bulgur to the bowl with the salad and toss to combine.

5. SIMPLY DELICIOUS! Plate up the loaded bulgur salad, top with the beef slices, and garnish with the spring onion greens and the remaining chopped parsley.

Nutritional Information

Per 100g

Energy	601kJ
Energy	144kcal
Protein	10.8g
Carbs	15g
of which sugars	0.9g
Fibre	3.8g
Fat	2.6g
of which saturated	0.8g
Sodium	129mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 5
Days