



UCOOK

Groote Post's Chimichurri Beef Rump

with long-stem broccoli & toasted almonds

Here's a culinary secret: Lots of ingredients don't always equal elegance, but high-quality ingredients prepared & paired the right way do. With this dinner-date dish, juicy steak slices are dolloped with chimichurri, then sided with lightly charred long-stem broccoli dotted with toasted almonds and a serving of golden potato wedges.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Groote Post Winery

 Adventurous Foodie

 Groote Post Winery | Groote Post Old Man's Blend Red Blend

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Ingredients & Prep

200g	Potato <i>rinse & cut into wedges</i>
5ml	NOMU Beef Rub
30ml	Pesto Princess Chimichurri Sauce
10g	Almonds
100g	Long-stem Broccoli <i>rinse & trim</i>
160g	Free-range Beef Rump

From Your Kitchen

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

1. FIRST STEP TO SUCCESS Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. GREEN GOODNESS In a bowl, loosen the chimichurri with olive oil in 5ml increments until drizzling consistency.

3. ALL THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. CHARRED BROCCOLI Return the pan to medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the trimmed broccoli until lightly charred, 5-6 minutes (shifting occasionally). Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan and season.

5. JUICY 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 and the remaining NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

6. SOPHISTICATED PLATE Plate up the steak slices alongside the charred broccoli and the roasted potato wedges. Drizzle the chimichurri over the steak. Garnish the broccoli with the toasted almonds.



Chef's Tip

Air fryer method: Coat the potato wedges in oil, the NOMU rub and season. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	559kJ
Energy	134kcal
Protein	9.3g
Carbs	9g
of which sugars	1g
Fibre	2.2g
Fat	4.6g
of which saturated	0.9g
Sodium	105mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Cook
within 2
Days