

# UCCOOK

## Barbacoa-style Beef Rump

with corn, black beans & sour cream

Here's an interesting foodie fact for you, Chef. Traditionally, Mexican barbacoa is a meat dish steamed in an underground oven. You'll enjoy the same aromatic flavours using modern cooking techniques for the juicy seared steak, coated in a rich beef stock, orange juice, tangy tomato, black bean & corn sauce. Served with bulgur wheat and dollops of sour cream.

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**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

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**Serves:** 2 People

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**Chef:** Ella Nasser

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Quick & Easy

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Creation Wines | Creation Chenin Blanc

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### Ingredients & Prep

150ml	Bulgur Wheat
200g	Cooked Chopped Tomato
20ml	NOMU Spanish Rub
50ml	Orange Juice
10ml	Beef Stock
120g	Black Beans <i>drain &amp; rinse</i>
100g	Corn
320g	Free-range Beef Rump
20g	Piquanté Peppers <i>drain</i>
60ml	Sour Cream

### From Your Kitchen

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

**1. GET THE GRAINS DONE** Boil the kettle. Place the bulgur wheat in a pot with 300ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside.

**2. BEGIN THE BARBACOA** Place a pan over medium heat with a drizzle of oil. Add the cooked chopped tomato, the NOMU rub, the orange juice, the beef stock, and 80ml of water. Simmer until slightly reduced, 5-8 minutes. Add a splash of water if the sauce reduces too quickly. In the final 2-3 minutes, add the drained beans and the corn. Remove from the heat and season.

**3. SEARED STEAK** Place a clean 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). Remove from the pan and rest for 5 minutes before slicing and seasoning.

**4. DELISH DINNER IS DONE** Bowl up the bulgur wheat. Top with the beef slices and the barbacoa-style sauce. Garnish with the drained peppers and dollop over the sour cream.

### Nutritional Information

Per 100g

Energy	657kJ
Energy	157kcal
Protein	10.1g
Carbs	18g
of which sugars	2.7g
Fibre	3.2g
Fat	3.6g
of which saturated	1.4g
Sodium	197mg

### Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
4 Days