



# QCOOK

## Beef Rump & Roast Potatoes

with toasted sunflower seeds & a basil pesto dressing

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Fan Faves:** Serves 1 & 2

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**Chef:** Samantha du Toit

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**Wine Pairing:** Sophie Germanier Organic | Sophie Germanier Pinotage Organic

<b>Nutritional Info</b>	Per 100g	Per Portion
Energy	687kJ	2987kJ
Energy	164kcal	714kcal
Protein	10.2g	44.5g
Carbs	10g	44g
of which sugars	2.3g	10.1g
Fibre	1.9g	8.4g
Fat	6.6g	28.6g
of which saturated	1.5g	6.6g
Sodium	120mg	521mg

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**Allergens:** Cow's Milk, Egg, Allium, Sulphites, Tree Nuts

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Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
200g	400g	Baby Potatoes <i>rinse &amp; cut in half</i>
10ml	20ml	NOMU Provençal Rub
10g	20g	Sunflower Seeds
20ml	40ml	Pesto Princess Basil Pesto
160g	320g	Beef Rump
20g	40g	Sun-dried Tomatoes <i>drain</i>
3g	5g	Fresh Parsley <i>rinse, pick &amp; finely chop</i>
20g	40g	Green Leaves <i>rinse</i>

## From Your Kitchen

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

**1. NOMU-SPICED POTATOES** Preheat the oven to 200°C. Spread the baby potatoes on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. SEEDS & PESTO** 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. In a small bowl, loosen the basil pesto with water in 5ml increments until drizzling consistency. Set aside.

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

**4. CLASSIC COMBO** In a salad bowl, toss together the sun-dried tomatoes, ½ the parsley, the green leaves, seasoning, and a drizzle of olive oil.

**5. A MEMORABLE MEAL** Plate up the steak slices. Side with the crispy potatoes and the sun-dried tomato salad. Drizzle over the pesto. Sprinkle over the remaining parsley and the toasted seeds. Enjoy, Chef!