



UCCOOK

Greek Beef Rump

with an olive & feta bulgur wheat salad

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Fan Faves: Serves 3 & 4

Chef: Samantha du Toit

Wine Pairing: Muratie Wine Estate | Muratie Ronnie
Melck Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	1002kJ	3435kJ
Energy	240kcal	822kcal
Protein	14.8g	50.8g
Carbs	23g	78g
of which sugars	5.9g	20.3g
Fibre	3.5g	11.9g
Fat	7.5g	25.7g
of which saturated	2.5g	8.7g
Sodium	225mg	771mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites,
Tree Nuts

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Bulgur Wheat
30g	40g	Almonds <i>roughly chop</i>
60g	80g	Pitted Kalamata Olives <i>drain & roughly chop</i>
15g	20g	Raisins
90ml	120ml	Balsamic Dressing <i>(45ml [60ml] Lemon Juice & 45ml [60ml] Balsamic Reduction)</i>
480g	640g	Beef Rump
15ml	20ml	NOMU Roast Rub
60g	80g	Green Leaves <i>rinse</i>
75g	100g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. BEGIN WITH BULGUR Boil the kettle. Place the bulgur wheat in a pot with 450ml [600ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain (if necessary), fluff with a fork, and set aside.

2. 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.

3. GREEK ON FLEEK In a bowl, combine the bulgur wheat, the olives, and the raisins. Mix through the balsamic dressing, a drizzle of olive oil, and seasoning. Set aside.

4. OM NOM NOMU 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 and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. KALI OREXI! Create a wreath of the green leaves and heap up the Greek bulgur wheat salad in the middle. Top with the steak slices. Crumble over the feta and garnish with the nuts. There you have it, Chef!