

UCOOK

Tunisian Spiced Beef Rump

with roasted butternut, crispy kale & yoghurt

This juicy, honey-harissa basted beef rump sizzles alongside a fresh and crunchy sauteed kale salad, and caramelised roasted butternut chunks. Topped off with pops of toasted pumpkin seeds and dollops of delicious harissa yoghurt.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 Easy Peasy

 Haute Cabrière | Pinot Noir Unwooded

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Ingredients & Prep

250g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
5ml	NOMU African Rub
10g	Pumpkin Seeds
40ml	Greek Yoghurt
30ml	Pesto Princess Harissa Paste
7,5ml	Honey
75g	Kale <i>rinsed & roughly shredded</i>
50g	Peas
50g	Pickled Bell Peppers <i>drained & roughly chopped</i>
160g	Free-range Beef Rump Steak

From Your Kitchen

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

1. BUTTERNUT Preheat the oven to 200°C. Place the butternut pieces on a roasting tray. Coat in oil, African rub, and some seasoning. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

2. TOASTED SEEDS Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until beginning to pop and they turn brown. Remove from the pan on completion and set aside.

3. HARISSA DRESSING & BASTING In a small bowl, combine the Greek yoghurt, ⅓ of the harissa paste, and some seasoning. In a separate bowl, mix together the remaining harissa paste and honey for the steak basting.

4. SAUTEED KALE Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated in oil. Place a nonstick pan over a medium heat. When hot, sauté the kale for 2-3 minutes until wilted. Remove from the pan and combine with the peas and chopped pickled peppers. Cover with a plate and set aside to keep warm.

5. FIERY STEAK Place a pan over a medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When the pan is hot, sear the steak, fat-side down, for 3-5 minutes until crispy. Then, fry for 2-4 minutes per side, or until cooked to your preference. During the final 1-2 minutes, baste with the honey-harissa basting. Remove from the pan on completion and allow to rest for 5 minutes before slicing and lightly seasoning.

6. A MIDDLE- EASTERN EXPERIENCE Plate up the slices of harissa steak alongside the sauteed kale salad and roasted butternut chunks. Drizzle over any remaining pan juices. Sprinkle over the pumpkin seeds and dollop over the harissa yoghurt.

Nutritional Information

Per 100g

Energy	483kJ
Energy	116Kcal
Protein	7.6g
Carbs	9g
of which sugars	4.3g
Fibre	2.2g
Fat	3.3g
of which saturated	0.9g
Sodium	196mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days