



# UCOOK

## Chimichurri Beef Rump & Aubergine

with a zingy tomato salad

Aubergine wedges are roasted until golden and accompanied by Pesto Princess chimichurri-coated beef strips. A simple tomato salad is served alongside for some freshness, while sunflower seeds finish it off with a crunch.

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**Hands-on Time:** 20 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Rhea Hsu

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Carb Conscious

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Waterford Estate | Waterford The Library  
Collection Cabernet Franc 2017

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## Ingredients & Prep

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750g	Aubergine <i>rinse, trim &amp; slice into wedges</i>
30ml	NOMU Provençal Rub
2	Tomatoes <i>rinse &amp; roughly dice 1½</i>
30ml	Balsamic Vinegar
60ml	Pesto Princess Chimichurri Sauce
30g	Sunflower Seeds
450g	Free-range Beef Rump Strips
60g	Green Leaves <i>rinse</i>

## From Your Kitchen

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

**1. GOLDEN AUBS** Preheat the oven to 220°C. Spread the aubergine wedges on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until softened and crisping up, 30-35 minutes (shifting halfway).

**2. ZINGY TOMS** In a bowl, combine the diced tomatoes, the vinegar, and seasoning. Set aside. Place the chimichurri in a bowl and loosen with a drizzle of olive oil.

**3. SUNNY SEEDS** When the aubergine has 10-15 minutes remaining, place a pan over medium heat with the sunflower seeds. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**4. AWESOME BEEF** Return the pan to high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 30-60 seconds (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the remaining NOMU rub. Add the browned beef strips to the bowl with the chimichurri. Toss until coated and set aside.

**5. BALSAMIC SALAD** Just before serving, add the rinsed green leaves to the bowl with the tomatoes along with a drizzle of olive oil. Toss until fully combined.

**6. DINNER IS SERVED!** Plate up the roasted aubergine wedges alongside the chimichurri beef strips. Side with the zingy tomato salad. Sprinkle over the toasted sunflower seeds. Enjoy, Chef!

## Nutritional Information

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Per 100g

Energy	392kJ
Energy	94kcal
Protein	6.9g
Carbs	4g
of which sugars	2.7g
Fibre	1.9g
Fat	3.5g
of which saturated	0.7g
Sodium	83mg

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## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
4 Days