

# UCOOK

## Texan Cowboy Rump

with charred BBQ onions & a creamy carrot mash

The Pesto Princess Chimichurri sings notes of coriander, parsley, and chilli to a cut of flavourful beef rump. Lashings of BBQ onions leave you going back for more! Served with a creamy carrot mash and salad of charred corn, feta, and pumpkin seeds. Delish!

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People


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**Chef:** Thea Richter

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 Fan Faves

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 Waterford Estate | Waterford Cabernet Sauvignon

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## Ingredients & Prep

480g	Carrot <i>peeled, trimmed &amp; cut into bite-sized chunks</i>
30ml	Pesto Princess Chimichurri
20g	Pumpkin Seeds
100g	Corn <i>drained</i>
320g	Free-range Beef Rump
1	Onion <i>peeled &amp; roughly sliced</i>
30ml	BBQ Sauce
1	Spring Onion <i>finely sliced, keeping the white &amp; green parts separate</i>
40g	Green Leaves <i>rinsed &amp; roughly shredded</i>
60g	Danish-style Feta <i>drained</i>

## From Your Kitchen

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

**1. TIME TO GET STEAMY!** Boil the kettle. Place a pot over a medium-high heat with salted boiling water. Add the carrot chunks and boil for 15-20 minutes until cooked. Drain and return to the pot. Cover and set aside. In a bowl, loosen the chimichurri with 2 tbsp of olive oil.

**2. SEEDS & CHARRED CORN** Place a pan over a medium heat. Once hot, toast the pumpkin seeds for 3-5 minutes until beginning to pop and turn brown. Remove from the pan and set aside to cool. Return the pan to a high heat with a drizzle of oil. When hot, fry the corn for 3-4 minutes until charred. On completion, season and place in a salad bowl. Set aside for step 5.

**3. JUICY STEAK** Return the pan to a medium-high heat with a drizzle of oil. Pat the steaks dry with paper towel. When the pan is hot, sear the steaks (fat-side down) for 3-5 minutes until crispy. Then, fry for 2-4 minutes per side or until cooked to preference. (This time will vary depending on steak thickness). During the final 1-2 minutes, baste with a knob of butter. Remove from the pan, place into tinfoil, pour over the pan juices, and close up. Rest for 5 minutes before slicing and seasoning.

**4. BBQ GOODNESS** Return the pan to a high heat and deglaze with a splash of water. When hot, fry the sliced onion for 3-5 minutes until slightly charred. In the final 1-2 minutes, add the BBQ sauce and a knob of butter (optional) and stir to coat. Remove from the heat and cover to keep warm.

**5. ONE LAST STEP** Return the pot of cooked carrot to a low heat. Once slightly reheated, stir in a knob of butter or coconut oil (optional), spring onion whites, and a splash of water or milk. Mash with a fork or potato masher until smooth and warmed through. Season and remove from the heat. Add the shredded leaves and green spring onion slices to the fried corn. Crumble in the feta, add a drizzle of olive oil, and season. Toss to combine and set aside.

**6. DINNER IS SERVED** Lay down the fragrant beef rump slices, side with the BBQ onions, and drizzle over the chimichurri. Pile up some carrot mash and serve the charred corn salad. Garnish with toasted pumpkin seeds. Lasso it in, Chef!



## Chef's Tip

Deglazing is a cooking technique for lifting browned food residue from the base of a pan by adding in liquid and stirring it into the residue. This mixture is then used to add flavour.

## Nutritional Information

Per 100g

Energy	487kj
Energy	119kcal
Protein	7.4g
Carbs	8g
of which sugars	3.2g
Fibre	1.8g
Fat	4.3g
of which saturated	1.5g
Sodium	120mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within  
4 Days