

# UCOOK

## Tender Beef Rump & Spring Bean Salad

with a classic vinaigrette & bulgur wheat

Good things come in threes, and this recipe proves it with a delicious three-bean medley of kidney, butter & black beans, all tossed in a red wine vinegar & Dijon mustard vinaigrette. Completed with a serving of butter-basted beef and fluffy bulgur wheat. A quick win in the kitchen, Chef!

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People

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**Chef:** Thea Richter

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 Quick & Easy

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 Waterford Estate | Waterford Antigo

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## Ingredients & Prep

150ml	Bulgur Wheat
45ml	Classic Vinaigrette <i>(30ml Red Wine Vinegar &amp; 15ml Dijon Mustard)</i>
120g	Black Beans <i>drained &amp; rinsed</i>
120g	Kidney Beans <i>drained &amp; rinsed</i>
120g	Butter Beans <i>drained &amp; rinsed</i>
1	Spring Onion <i>rinsed, trimmed &amp; finely sliced, keeping the white &amp; green parts separate</i>
1	Tomato <i>rinsed &amp; roughly diced</i>
5g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
320g	Free-range Beef Rump

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey (optional)  
Paper Towel  
Butter

**1. BEGIN WITH BULGUR** Boil the kettle. Place the bulgur wheat in a bowl with 150ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and set aside until rehydrated, 15-20 minutes. Fluff with a fork.

**2. BEAN SALAD** In a salad bowl, combine the classic vinaigrette, a drizzle of olive oil, and seasoning. If the dressing is too strong for your liking, whisk in a sweetener. Add the drained black beans, kidney beans and butter beans, the spring onion whites (to taste), the diced tomato, and ½ the chopped parsley. Toss until combined. Cover and set aside to marinate in the fridge for 15-20 minutes.

**3. BROWN THE 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**4. BEAN THERE, DONE THAT** Add the cooked bulgur to the bowl with the salad and toss to combine.

**5. SIMPLY DELICIOUS!** Plate up the loaded bulgur salad, top with the beef slices, and garnish with the spring onion greens and the remaining chopped parsley.

## Nutritional Information

Per 100g

Energy	601kJ
Energy	144kcal
Protein	10.8g
Carbs	15g
of which sugars	0.9g
Fibre	3.8g
Fat	2.6g
of which saturated	0.8g
Sodium	129mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 5  
Days