



UCOOK

Greek Beef Rump

with an olive & feta bulgur wheat salad

Imagine a turquoise sea as far as the eye can see. White houses with bright blue shutters. Sitting at a restaurant and enjoying a plate of fluffy bulgur wheat dotted with briny olives, sweet raisins, and coated in balsamic vinegar, together with juicy steak slices basted in butter and Greek spices, topped with feta. Now, stop dreaming and start cooking, Chef!


Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Samantha du Toit

 Fan Faves

 Sijnn Wines | Sijnn White Blend

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Ingredients & Prep

150ml	Bulgur Wheat <i>rinsed</i>
20g	Almonds <i>roughly chopped</i>
40g	Pitted Kalamata Olives <i>drained & roughly chopped</i>
10g	Dried Raisins
70ml	Balsamic Dressing <i>(30ml Lemon Juice & 40ml Balsamic Reduction)</i>
320g	Free-range Beef Rump
10ml	NOMU Roast Rub
40g	Green Leaves <i>rinsed</i>
50g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. BEGIN WITH BULGUR Boil the kettle. Place the rinsed bulgur wheat in a pot with 300ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain (if necessary), fluff with a fork, and set aside.

2. ALL THE ALMONDS Place the chopped 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 cooked bulgur wheat, the chopped 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 rinsed leaves and heap up the Greek bulgur wheat salad in the middle. Top with the steak slices. Crumble over the drained feta and garnish with the toasted nuts. There you have it, Chef!

Nutritional Information

Per 100g

Energy	1000kj
Energy	239kcal
Protein	14.7g
Carbs	22g
of which sugars	6.9g
Fibre	3.2g
Fat	7.6g
of which saturated	2.6g
Sodium	227mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Tree Nuts

Cook
within
4 Days