UCOOK

Balsamic Beef Rump & Blue Cheese Salad

with avocado & tomato

Let's be brave and take on the blue cheese today, Chef! A creamy and tangy avo & tomato salad is topped with butter-basted slices of beef rump, spiced with NOMU Beef rub. Over this goes crumbles of the French delicacy dating back to the 17th century. Blue cheese, of course! Finished with a balsamic dressing.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 3 People

Chef: Suné van Zyl

Carb Conscious

Deetlefs Wine Estate | Deetlefs Estate Soet Hanepoot

Ingredients & Prep

480g	Free-range Beef Rump
30ml	NOMU Beef Rub
2	Avocados
120g	Salad Leaves *rinse & roughly shred*
3	Tomatoes *rinse & cut into bite-sized pieces*
30g	Blue Cheese
60ml	Balsamic Dressing *(15ml Dijon Mustard & 45ml Balsamic Vinegar)*

From Your Kitchen

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

1. RUMP 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.

2. AVO Halve the avocados and set aside one of the halves for another meal. Peel the skin off, keeping the flesh intact. Dice the avocado.

3. MIX In a bowl, combine the shredded salad leaves, the diced avocado, the tomato chunks, a drizzle of olive oil, and seasoning.

4. SERVE Plate up the avocado & tomato salad. Top with the rump slices and crumble over the blue cheese. Drizzle over the balsamic dressing. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	567kJ
Energy	136kcal
Protein	8.5g
Carbs	5g
of which sugars	1.6g
Fibre	2.6g
Fat	7.5g
of which saturated	1.7g
Sodium	93mg

Allergens

Allium, Sulphites, Cow's Milk

Eat Within 4 Days