



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: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Suné van Zyl

Carb Conscious

Deetlefs Wine Estate | Deetlefs Estate Soet
Hanepoot

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Ingredients & Prep

| | |
|------|--|
| 640g | Free-range Beef Rump |
| 40ml | NOMU Beef Rub |
| 2 | Avocados |
| 160g | Salad Leaves <i>rinse & roughly shred</i> |
| 4 | Tomatoes <i>rinse & cut into bite-sized pieces</i> |
| 40g | Blue Cheese |
| 80ml | Balsamic Dressing <i>(20ml Dijon Mustard & 60ml Balsamic Vinegar)</i> |

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 remove the pips. 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