



UCCOOK

Argentinian-style Beef & Salsa Criolla

with charred cauliflower & corn

It's fresh, flavourful and stunning on a plate. Beautifully tender rump steak slices are sided with a charred cauli & corn mix. Served with a zippy pickled jalapeño salsa and garnished with fresh coriander. Feast your eyes, Chef!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Jemell Willemberg

 Carb Conscious

 Strandveld | Grenache

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Ingredients & Prep

1	Tomato <i>finely diced</i>
1	Red Onion <i>½ peeled & finely diced</i>
20g	Sliced Pickled Jalapeños <i>drained & roughly chopped</i>
20ml	Lemon Juice
8g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
300g	Cauliflower Florets <i>cut into bite-sized pieces</i>
80g	Corn
320g	Free-range Beef Rump
10ml	NOMU Spanish Rub
40g	Salad Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. QUICK SALSA In a bowl combine the diced tomato and onion (to taste). Toss with the chopped jalapeños (to taste), the lemon juice (to taste), ½ the chopped coriander, a drizzle of olive oil, a sweetener, and seasoning. Set aside.

2. CHARRED CAULI Place a pan over medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the cauliflower pieces until lightly charred, 5-6 minutes. Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan and season.

3. GOLDEN CORN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan, add to the cauliflower, and set aside.

4. PERFECT STEAK Return the pan to 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, reserving the pan juices, and rest for 5 minutes before slicing and seasoning.

5. FINAL TOUCHES Just before serving, toss the shredded leaves through the salsa and set aside.

6. GET READY TO FEAST Serve up the juicy rump slices, drizzle over any pan juices, and side with the charred cauli and corn. Pile up the zesty salsa alongside and garnish with the remaining chopped coriander. Tuck in, Chef!



Chef's Tip

Air fryer method: Coat the cauliflower pieces in oil and season. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	377kJ
Energy	90kcal
Protein	7.4g
Carbs	5g
of which sugars	2.3g
Fibre	1.4g
Fat	2.1g
of which saturated	0.7g
Sodium	68mg

Allergens

Dairy, Allium, Sulphites

Cook
within 2
Days