



UCOOK

Beef Rump Tagliata

with crispy, lemony chickpeas & baby tomatoes

The combination of the juicy steak, baby tomatoes, salad leaves, lemony chickpeas, and piquanté peppers, all brought together with a light, tangy dressing makes for a flavourful and satisfying salad.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

Strandveld | The Navigator Red Blend

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Ingredients & Prep

120g	Chickpeas <i>drain & rinse</i>
15ml	Lemon Juice
160g	Beef Rump
5ml	NOMU One For All Rub
20ml	Balsamic Vinegar
80g	Baby Tomatoes <i>rinse & cut in half</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
20g	Piquanté Peppers <i>drain</i>
10g	Sunflower Seeds

From Your Kitchen

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

1. CRISPY CHICKPEAS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas until golden and crispy, 10-12 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Deglaze the pan with the lemon juice. Remove from the pan and season.

2. BEEF 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.

3. JUST BEFORE SERVING In a bowl, combine the balsamic vinegar with 30ml of olive oil, a sweetener (to taste), and season. Add the halved tomatoes, the rinsed salad leaves, the lemony chickpeas, and the drained piquanté peppers.

4. DINNER IS READY Dish up the salad, top with the beef slices, and garnish with a sprinkle of the sunflower seeds. Well done, Chef!



Chef's Tip

Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	618kJ
Energy	148kcal
Protein	11g
Carbs	9g
of which sugars	2.5g
Fibre	2.4g
Fat	4.3g
of which saturated	1g
Sodium	71mg

Allergens

Cow's Milk, Allium, Sulphites

Eat
Within
3 Days