



UCOOK

Beef Rump & Red Pepper Feta Dip

with crispy chickpeas & potatoes

You know you've graduated from enthusiastic homecook to a home-based culinary creator when making your own red pepper hummus feta dip, Chef! This will become a delicious smear on the plate, topped with a medley of oven roasted potatoes & chickpeas. Completed with butter-basted, thyme-infused steak slices, toasted walnuts and fresh parsley.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Adventurous Foodie

Vilafonté | Seriously Old Dirt 2021

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Ingredients & Prep

200g	Potato <i>rinse & cut into bite-sized pieces</i>
10g	Walnuts <i>roughly chop</i>
30ml	Red Pepper Hummus
20g	Piquanté Peppers <i>drain</i>
50ml	Greek Yoghurt
40g	Traditional Feta Blocks <i>drain</i>
15ml	Lemon Juice
60g	Chickpeas <i>drain & rinse</i>
6g	Mixed Herbs <i>(3g Fresh Thyme & 3g Fresh Parsley)</i>
160g	Free-range Beef Rump

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. NUTS Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. DIPPING SAUCE In a blender, add the red pepper hummus, the drained peppers, the yoghurt, the drained feta, and the lemon juice (to taste). Blend until smooth and season. Set aside in the fridge.

4. CHICKPEAS Coat the rinsed chickpeas with oil and season. When the potato pieces have 12-15 minutes to go, scatter over the chickpeas, and roast for the remaining time until the chickpeas are crispy.

5. HERB PREP Rinse the thyme, and rinse and pick the parsley.

6. 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 thyme sprigs. Remove from the pan and rest for 5 minutes before slicing and seasoning.

7. DINNER IS READY Smear the red pepper feta dip on a plate, top with the crispy roast, side with the steak slices, and sprinkle over the toasted nuts. Garnish with picked parsley. Enjoy, Chef!

Chef's Tip

Air fryer method: Coat the potato pieces and the rinsed chickpeas in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	608kJ
Energy	146kcal
Protein	9.8g
Carbs	10g
of which sugars	1.3g
Fibre	1.8g
Fat	5.2g
of which saturated	2g
Sodium	127mg

Allergens

Allium, Sesame, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
4 Days