



# UCOOK

## Classic Chilli-choc Beef Rump Dinner

with sweet potato & a baby tomato  
medley

Don't be surprised if you look up the word 'classic' and see a picture of this chilli-choc-coffee beef recipe in the dictionary. That's because we've combined timeless tastes & flavours to bring you something sweet, spicy, & slightly bitter. And that's just the beef slices! These are sided with a silky sweet potato mash & a tangy tomato salad. You've recreated a classic, Chef!

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

**Serves:** 1 Person

**Chef:** Thea Richter

 Adventurous Foodie

 Delheim Wines | Delheim Shiraz/Cabernet  
Sauvignon

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## Ingredients & Prep

250g	Sweet Potato <i>rinsed &amp; cut into chunks</i>
10g	Hazelnuts <i>roughly chopped</i>
80g	Baby Tomato Medley
20g	Salad Leaves
160g	Free-range Beef Rump
5ml	NOMU Coffee Rub
2,5ml	NOMU Chipotle Flakes
5ml	Cocoa Powder
5ml	Beef Stock
50ml	Crème Fraîche

## From Your Kitchen

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

**1. MAKE THE MASH** Place the sweet potato chunks in a pot and submerge with salted water. Place over a medium heat and simmer for 10-15 minutes until soft. Drain and add a knob of butter or coconut oil (optional) and a splash of water or milk. Mash with a fork or potato masher until combined. Cover to keep warm.

**2. HERE'S TO HAZELNUTS** Place the chopped hazelnuts in a pan over medium heat. Toast for 5-6 minutes until golden, shifting occasionally. Remove from the pan and set aside.

**3. TIME FOR THE TOMATOES** Cut the baby tomatoes in half. Rinse and roughly shred the salad leaves. Just before serving, place the shredded salad leaves, the halved baby tomatoes, a drizzle of olive oil, and seasoning in a bowl. Toss until combined.

**4. RAMP UP THE RUMP** Return the pan to a medium-high heat with a drizzle of oil. Pat the rump dry with paper towel. When the pan is hot, sear the rump, fat-side down, for 3-5 minutes until crispy. Then, fry for 2-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the rump). During the final 1-2 minutes, baste with a knob of butter and the rub. Place in a piece of tinfoil and pour in the pan juices. Close up tightly and rest for 5 minutes before thinly slicing. Lightly season.

**5. CHILLI-CHOC CREAM SAUCE** Boil the kettle. Return the pan, wiped down if necessary, to a medium heat with the cocoa powder, the chipotle flakes (to taste), the stock, and 50ml of boiling water. Mix until combined and simmer for 2-3 minutes until slightly reduced. Remove from the heat and stir in the crème fraîche, a generous knob of butter, and a sweetener of choice (to taste). Loosen with a splash of warm water if it's too thick. Season to taste.

**6. TIMELESS TASTES** Plate up the beef rump slices and pour over the chilli-choc sauce (to taste). Side with the salad and the sweet potato mash. Sprinkle over the toasted hazelnuts.

## Nutritional Information

Per 100g

Energy	575kJ
Energy	137kcal
Protein	7.5g
Carbs	10g
of which sugars	3.5g
Fibre	1.9g
Fat	6.7g
of which saturated	3.1g
Sodium	100mg

## Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook  
within  
4 Days