

UCOOK

Beef Rump Strips & Asian Slaw

with peanuts & fresh chilli


This dish is bursting with bold flavours, from the juicy seared beef rump strips to the charred corn, crunchy cabbage, and carrot. Tossed together with a tangy & sweet Asian dressing consisting of soy sauce, kewpie mayo, and sesame oil. Finished off with a sprinkle of toasted sesame seeds & chopped peanuts for added crunch. Don't forget the sliced chilli for a bit of extra heat!

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Rhea Hsu

 Carb Conscious

 Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

20ml	Mixed Sesame Seeds
200g	Corn
600g	Free-range Beef Rump Strips
20ml	NOMU Oriental Rub
200ml	Asian Dressing <i>(80ml Kewpie Mayo, 60ml Low Sodium Soy Sauce, 20ml Sesame Oil & 40ml Rice Wine Vinegar)</i>
400g	Cabbage <i>rinsed & finely sliced</i>
240g	Carrot <i>rinsed, peeled & cut into matchsticks or grated</i>
80g	Green Leaves <i>rinsed & sliced</i>
10g	Fresh Coriander <i>rinsed & picked</i>
40g	Peanuts <i>roughly chopped</i>
1	Fresh Chilli <i>rinsed, de-seeded & thinly sliced</i>

From Your Kitchen

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

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

2. CORN YOU BELIEVE IT? Return the pan to high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

3. THE STEAKS ARE HIGH Return the pan to medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices, and season.

4. EVERYTHING ASIAN SALAD In a salad bowl, combine the Asian dressing with a sweetener and seasoning. Toss through the charred corn, the sliced cabbage, the grated carrot or carrot matchsticks, the sliced green leaves, ½ the picked coriander, ½ the toasted sesame seeds, and ½ the chopped peanuts.

5. RAINBOW ON A PLATE Plate up the Asian slaw salad. Top with the juicy rump strips. Sprinkle over the remaining chopped peanuts and toasted sesame seeds. Garnish with the remaining picked coriander and the sliced chilli (to taste). Delish, Chef!

Nutritional Information

Per 100g

Energy	611kJ
Energy	146kcal
Protein	8.3g
Carbs	6g
of which sugars	2.4g
Fibre	1.9g
Fat	4.8g
of which saturated	1.1g
Sodium	182mg

Allergens

Egg, Gluten, Dairy, Allium, Sesame, Peanuts, Wheat, Sulphites, Soy

Cook
within
4 Days