



UCOOK

Lamb Rump & Pickled Mustard Seeds

with a cannellini bean purée & fresh thyme

Pan-seared lamb rump is served alongside a smooth cannellini bean & crème fraîche purée, braised balsamic onions and blanched green beans. Acidic pickled mustard seeds, a sweet glaze and fresh thyme balance out and finish off this mouthwatering dish!

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Adventurous Foodie

 Boschendal | Nicolas

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Ingredients & Prep

80g	Green Beans <i>rinsed, trimmed & sliced in half</i>
10ml	White Wine Vinegar
5ml	Mustard Seeds
2	Baby Onions
1	Garlic Clove <i>peeled & grated</i>
3g	Fresh Thyme <i>rinsed, picked & roughly chopped</i>
120g	Cannellini Beans <i>drained & rinsed</i>
25ml	Crème Fraîche
160g	Free-range Lamb Rump
25ml	Balsamic Glaze <i>(20ml Balsamic Glaze & 5ml Maple Syrup)</i>

From Your Kitchen

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

1. BEANS Boil the kettle. Place a pot over a high heat, fill with boiling water, and add a pinch of salt. Once bubbling rapidly, blanch the sliced green beans for 2-3 minutes until cooked al dente. Drain on completion and run under cold water. Set aside. In a bowl, combine the white wine vinegar, 5ml of a sweetener of choice, and 10ml of water. Add the mustard seeds and set aside to pickle.

2. ONIONS Peel the baby onions and halve lengthways. Don't remove the tip that keeps the layers joined together. Place a pan over a medium-high heat with a drizzle of oil. When hot, add the halved onions, cut-side down, and char for 5-6 minutes, until golden. Remove from the pan and set aside.

3. PURÉE Return the pot to a medium heat with a drizzle of oil. When hot, add the grated garlic and ½ the chopped thyme. Fry for 30-60 seconds until fragrant, shifting constantly. Add the drained cannellini beans and 80ml of water. Bring to a simmer for 5-6 minutes until the beans are heated through. Remove from the heat and drain. Add the warmed cannellini beans to a blender with the crème fraîche and seasoning. Pulse until smooth. Season to taste. Return the bean purée to the pot and cover to keep warm.

4. LAMB Return the pan to a medium-high heat with a drizzle of oil. Pat the lamb rump dry with some paper towel, and season. When the pan is hot, sear the rump fat-side down, for 3-5 minutes until crispy. Then, fry for 3-4 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. On completion, place in a piece of tinfoil and pour in the pan juices. Close up tightly and set aside to rest for 5 minutes before thinly slicing, reserving the juices. Lightly season the slices.

5. GLAZE Return the pan to a medium-high heat. Add the browned onions, cut-side down, to the pan along with ¾ of the balsamic glaze and 25ml of water. Leave to simmer for 2-3 minutes, until sticky. Drain the pickling liquid from the mustard seeds.

6. EAT! Smear the bean purée onto a plate and top with the rump slices. Side with the braised onions and the green beans. Drizzle over the remaining balsamic glaze and dollop on the pickled mustard seeds. Garnish with the remaining thyme. There you have it!



Chef's Tip

Be careful when cooking the onions in the balsamic glaze, it might bubble and splatter!

Nutritional Information

Per 100g

Energy	616kJ
Energy	147Kcal
Protein	7.2g
Carbs	10g
of which sugars	3.7g
Fibre	2.3g
Fat	8.5g
of which saturated	3.8g
Sodium	96mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days