



UCOOK

Beef Rump Salad & Blue Cheese Dressing

with sunflower seeds & crispy onion bits

This vibrant salad brings together greens, tomatoes, cucumber, and sweet peas, all lightly tossed with fresh chives & olive oil. Butter-basted & spiced beef rump slices take center stage, drizzled with a rich & tangy blue cheese dressing. To finish, a crunchy mix of sunflower seeds & crispy onion bits adds the final flourish.

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 4 People

Chef: Kate Gomba

Quick & Easy

Creation Wines | Creation Fine Cape Vintage

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Ingredients & Prep

40g	Sunflower Seeds
640g	Free-range Beef Rump
30ml	Spice Mix <i>(20ml Smoked Paprika & 10ml Garlic Powder)</i>
160g	Salad Leaves <i>rinse & roughly shred</i>
2	Tomatoes <i>rinse & cut into thin wedges</i>
400g	Cucumber <i>rinse & cut into half-moons</i>
200g	Peas
10g	Fresh Chives
160ml	Blue Cheese Dressing
40ml	Crispy Onion Bits

From Your Kitchen

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

1. SEEDS 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.

2. RUMP 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 spice mix. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. JUST BEFORE SERVING In a bowl, combine the shredded leaves, the tomato wedges, the cucumber pieces, the peas, the sliced chives, a drizzle of olive oil, and seasoning.

4. DINNER Dish up the salad, top with the steak slices, and drizzle over the dressing. Sprinkle over the sunflower seeds, and the crispy onion bits. Voilà!

Nutritional Information

Per 100g

Energy	495kj
Energy	118kcal
Protein	8.4g
Carbs	5g
of which sugars	2g
Fibre	1.5g
Fat	5.3g
of which saturated	1.2g
Sodium	56mg

Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat
Within
3 Days