



# UCOOK

## Moroccan Beef Rump & Roast Carrots

with fresh parsley & toasted almonds

Today's dinner will take you on a taste expedition! Juicy beef slices are sided with a roast veg medley and a salad of sweet-tangy sun-dried tomatoes, nutty almonds, creamy Danish-style feta, refreshing cucumber & lemon juice.

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People


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**Chef:** Megan Bure

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Carb Conscious

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 Creation Wines | Creation Pinot Noir

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## Ingredients & Prep

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480g	Carrot <i>rinse, trim, peel &amp; cut into wedges</i>
1	Onion <i>peel &amp; cut into wedges</i>
20g	Almonds <i>roughly chop</i>
5ml	Cumin Seeds
320g	Free-range Beef Rump
20ml	NOMU Moroccan Rub
20ml	Lemon Juice
40g	Green Leaves <i>rinse</i>
60g	Danish-style Feta <i>drain</i>
40g	Sun-dried Tomatoes <i>drain</i>
100g	Cucumber <i>rinse &amp; roughly dice</i>

## From Your Kitchen

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

**1. ROAST VEG** Preheat the oven to 200°C. Spread the carrot wedges and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through and crispy, 25-30 minutes (shifting halfway).

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

**3. CUMIN SEEDS** When the roast has 10 minutes remaining, toss the cumin seeds through the veg and return to the oven for the remaining time.

**4. SEARED 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 (optional) and the NOMU rub. Remove from the pan, reserving the pan juices, and rest for 5 minutes before slicing and seasoning.

**5. NUTTY SALAD** In a salad bowl, combine the lemon juice, a drizzle of olive oil, a sweetener (to taste), and seasoning. Toss through the rinsed green leaves, the drained feta, ½ the toasted almonds, the sliced sun-dried tomatoes, and the diced cucumber.

**6. ARABIAN NIGHT** Plate up the beef slices and drizzle over any reserved pan juices. Side with the dressed salad and the roasted veg. Garnish with the remaining almonds. There you have it, Chef!

## Nutritional Information

Per 100g

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Energy	469kJ
Energy	112kcal
Protein	7.6g
Carbs	7g
of which sugars	3.5g
Fibre	1.9g
Fat	4.4g
of which saturated	1.5g
Sodium	155mg

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## Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat  
Within  
4 Days