FROM OUR KITCHEN

Spiced beef rump with pine nuts and labneh



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	10 min	20 min	4

01 Ingredients

- [ ] 4 x 200g beef rump steaks, trimmed
- [ ] 1 tbsp extra-virgin olive oil
- [ ] 1 tbsp ras el hanout or Moroccan spice
- [ ] 1 cup labneh
- [ ] 1 tbsp pine nuts, toasted

Kale salad

- [ ] 1 bunch Tuscan kale (cavalo nero), trimmed, washed and shredded
- [ ] 1 tbsp extra-virgin olive oil
- [ ] 250 g grape or baby roma tomatoes, halved/quartered
- [ ] 200 g green beans, 4cm lengths

02 Step-by-step method

01 Brush steaks with oil and sprinkle both sides with spice, salt and pepper. Preheat a char grill or BBQ to very hot and cook steaks for 4-5 minutes per side or until cooked to your liking. Rest for 5 minutes. Slice.

02 Place kale in a large bowl with lemon juice, salt pepper and oil and turn to coat. Pour boiling water over green beans, leave for 5 minutes, drain. Combine kale with tomatoes and blanched beans.

03 Serve beef rump with kale salad and labneh topped with pine nuts, drizzled with a little extra oil if you like.