

UCCOOK

Sizzling Sirloin & Gem Squash Mash

with hummus

Hands-on Time: 30 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	338kJ	2046kJ
Energy	81kcal	490kcal
Protein	6.7g	40.5g
Carbs	3g	19g
of which sugars	1g	5g
Fibre	1g	7g
Fat	1.9g	11.3g
of which saturated	0.6g	3.6g
Sodium	115.4mg	698.8mg

Allergens: Allium, Sesame, Sulphites

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Gem Squash
20g	40g	Green Leaves <i>rinse</i>
50g	100g	Cucumber <i>rinse & cut into thin matchsticks</i>
1	1	Tomato <i>rinse & cut into thin wedges</i>
10ml	20ml	Red Wine Vinegar
5ml	10ml	Old Stone Mill Everything Bagel Spice
30ml	60ml	Hummus
160g	320g	Beef Sirloin
5ml	10ml	NOMU One For All Rub

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. GEM SQUASH Place the gem squash in a pot, submerge in water, and place over high heat. Once boiling, cook until easily pierced through with a knife, 20-25 minutes. Remove from the pot and cut in half. Scoop out the seeds and discard, then scoop out the flesh and place in a bowl. Season and mash with a fork until smooth. Cover.

2. CUCUMBER SALAD In a salad bowl, toss the green leaves with the cucumber, the tomatoes, the vinegar and season. Set aside. Just before serving, toss through ½ the bagel spice.

3. MMM, HUMMUS! In a small bowl, loosen the hummus with water in 5ml increments until drizzling consistency. Season and set aside.

4. NOMU-SPICED STEAK Place a pan over 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, spice with the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. SAVOUR THE FLAVOUR Plate up the gem squash mash and serve the sliced steak alongside. Serve the dressed salad on the side. Finish it all with a drizzle of the loosened hummus and the remaining bagel spice.