



UCOOK

Hummus & Beef Rump Spring Bowl

**with caramelised onion, crispy lentils &
Danish-style feta**

NOMU Italian Rub-spiced beef strips are dished up on a creamy hummus base and topped with silky-sweet onions. Sided with crispy lentils, a cucumber & tomato salad, and crumbly chunks of creamy feta. Let's spring into action, Chef!

Hands-on Time: 45 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Kate Gomba

Carb Conscious

Deetlefs Wine Estate | Deetlefs Estate Pinotage

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Ingredients & Prep

600g	Free-range Beef Rump Strips
20ml	NOMU Italian Rub
2	Onions <i>peel & roughly slice</i>
240g	Tinned Lentils <i>drain & rinse</i>
2	Garlic Cloves <i>peel & grate</i>
60ml	Red Wine Vinegar
4	Tomatoes <i>rinse & dice</i>
400g	Cucumber <i>rinse & dice</i>
80g	Salad Leaves <i>rinse & roughly shred</i>
200ml	Hummus
80g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. BEEF PREP Pat the beef strips dry with paper towel and mix with the NOMU rub. Set aside.

2. ONIONS Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 12-15 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

3. LENTILS Return the pan, wiped down if necessary, to medium-high heat with a drizzle of oil. When hot, fry the rinsed lentils until crispy, 8-10 minutes. In the final 30-60 seconds, add the grated garlic, remove from the pan, and season.

4. SOME FRESHNESS In a bowl, combine the vinegar, and 60ml of olive oil. Add the diced tomatoes, the diced cucumber, the shredded salad leaves, seasoning, and toss to combine.

5. BEEF STRIPS Return the pan to high heat with a drizzle of oil and a knob of butter. When hot, sear the beef until browned, 30-60 seconds (shifting occasionally). You may need to do this step in batches. Remove from the pan and season.

6. TIME TO EAT Smear the hummus in a bowl, then top it with the caramelised onions, and the beef strips. Arrange the fresh salad around the edge in a circular pattern, sprinkle over the crispy lentils, and scatter the drained feta over the salad. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	442kJ
Energy	106kcal
Protein	7.8g
Carbs	8g
of which sugars	2.3g
Fibre	2.4g
Fat	3.1g
of which saturated	1.2g
Sodium	127mg

Allergens

Allium, Sesame, Sulphites, Cow's Milk

Eat
Within
3 Days