



UCOOK

Seared Beef & Hummus Tabbouleh

with dukkah-crusted butternut, bulgur wheat & a tangy pickle

This deconstructed tabbouleh features a whirl of inviting flavours: a lean, juicy cut of beef, butternut roasted in nutty dukkah, pickled tomato and cucumber, and fragrant bulgar wheat – all soaked in a thick hummus and parsley dressing.

Hands-On Time: 50 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Alex Levett

 Easy Peasy

 Lanzerac Estate | Keldermeester Versameling
Bergstroom

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Ingredients & Prep

1kg	Butternut <i>peeled (optional) & cut into bite-sized chunks</i>
40ml	White Wine Vinegar
320g	Baby Tomatoes <i>rinsed & halved</i>
200g	Cucumber <i>roughly diced</i>
300ml	Bulgur Wheat
20ml	Vegetable Stock
60ml	Dukkah
40g	Pumpkin & Sunflower Seed Mix
200ml	Hummus
15g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
600g	Free-range Beef Schnitzel (without crumb)

From Your Kitchen

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

1. AND OFF WE GO... Preheat the oven to 200°C. Place the butternut chunks on a roasting tray. Coat in oil, season lightly, and spread out evenly. Roast in the hot oven for 35-40 minutes. Place the vinegar in a salad bowl with 160ml of warm water, and whisk in 1 tbsp of a sweetener of choice until dissolved. Add in the halved baby tomatoes and diced cucumber, toss to coat, and set aside to pickle.

2. STEAM THE BULGUR Boil the kettle. Using a large bowl, submerge the bulgur wheat and stock in 400ml of boiling water. Add a drizzle of oil and stir through with a fork. Cover with a plate and set aside to steam for 15-20 minutes until cooked and tender. Fluff with the fork on completion, replace the plate, and set aside to keep warm.

3. HALFTIME When the butternut reaches the halfway mark, remove from the oven and give it a shift. Sprinkle over the dukkah and return to the oven for the remaining roasting time until cooked through and crisping up.

4. CRUNCHY SEEDS & SMOOTH DRESSING Place the seeds in a large pan over a medium heat. Toast for 3-5 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Combine the hummus with 1 tbsp of olive oil and $\frac{3}{4}$ of the chopped parsley. Loosen with water in 5ml increments until drizzling consistency. Season to taste and set aside for serving.

5. YOU'RE ALMOST THERE Pat the schnitzels dry with paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the schnitzels for 1-2 minutes on one side until golden. Flip, add in a knob of butter (optional), and fry for a further 1-2 minutes until cooked through. Remove from the pan on completion and season. Drain the liquid from the pickle – reserve for drizzling over your meal when plating, or discard. Add the cooked butternut to the bulgur wheat and gently toss until distributed. Cut the schnitzels into 2cm thick slices.

6. EAT UP, CHEF! Make a bed of bright bulgur, cover in pickled cucumber and tomato, and finish with the tender beef slices. Drizzle over the hummus dressing, scatter over the toasted seeds, and garnish with the remaining chopped parsley. Warming, filling, and nourishing.



Chef's Tip

The butternut skin adds flavour and nutrients, but can be removed if you prefer. With its naturally sweet flavour, butternut is delicious roasted, steamed, mashed with butter or coconut oil, or even grated and made into fritters!

Nutritional Information

Per 100g

Energy	469kJ
Energy	112Kcal
Protein	8g
Carbs	13g
of which sugars	1.3g
Fibre	2.8g
Fat	2.7g
of which saturated	0.6g
Sodium	175mg

Allergens

Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Tree Nuts

Cook
within
4 Days