



UCOOK

Moroccan Garlic Beef

with jalapeños, chermoula & fresh parsley

If you love the spicy freshness of Moroccan flavours with an African influence, then you're going to heart this recipe. Juicy rump steak is perfectly complemented with a delicious, colourful salsa, and the filling, fiery lentils ensures your stomach and taste buds are happy.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Ella Nasser

 Quick & Easy

 Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

225ml	Bulgar Wheat
90g	Pickled Bell Peppers <i>drained & roughly chopped</i>
2	Tomatoes <i>diced</i>
12g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
45ml	Pesto Princess Chermoula
180g	Lentils <i>drained & rinsed</i>
60g	Green Leaves <i>rinsed & roughly chopped</i>
60g	Pickled Sliced Jalapeños <i>drained & roughly chopped</i>
480g	Free-range Beef Rump
2	Garlic Cloves <i>peeled & grated</i>
120ml	Low Fat Plain Yoghurt

From Your Kitchen

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

1. FLUFFY GOODNESS Boil the kettle. Place the bulgur wheat in a bowl with 225ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and set aside until rehydrated, 15-20 minutes. Fluff up with a fork.

2. PERFECT PEPPERS Place a pan over medium-high heat with a drizzle of oil. When hot, add the chopped peppers and fry until charred, 2-4 minutes (shifting occasionally).

3. PREP STEP In a bowl, combine the diced tomatoes, a drizzle of olive oil, ½ the chopped parsley, and seasoning. Set aside. In a small bowl, loosen the chermoula with a drizzle of oil.

4. IT'S GETTING HOT IN HERE To the bowl with the cooked bulgur wheat, add the drained lentils, the chopped green leaves, the chopped jalapeños (to taste), seasoning, the charred peppers, and the remaining parsley. Toss until fully combined.

5. HEAR THAT STEAK SIZZLE Return the pan to a 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). During the final 1-2 minutes, baste with a knob of butter or a drizzle of oil and the grated garlic. Remove from the pan and set aside to rest for 5 minutes before slicing. Lightly season the slices.

6. HEARTY FEAST Make a bed of the spicy bulgur wheat. Top with the tomato salsa and dollop over the yoghurt. Side with the steak slices and drizzle over any remaining pan juices and the loosened chermoula. Well done, Chef!

Nutritional Information

Per 100g

Energy	694kJ
Energy	166kcal
Protein	11.7g
Carbs	17g
of which sugars	2.5g
Fibre	4.1g
Fat	3.7g
of which saturated	0.9g
Sodium	117mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days