



UCOOK

Autumn Hummus & Beef Rump 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 feta.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Kate Gomba

Carb Conscious

Muratie Wine Estate | Muratie Ronnie Melck-Shiraz

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Ingredients & Prep

300g	Beef Rump Strips
10ml	NOMU Italian Rub
1	Onion <i>peel & roughly slice</i>
120g	Tinned Lentils <i>drain & rinse</i>
1	Garlic Clove <i>peel & grate</i>
30ml	Red Wine Vinegar
2	Tomatoes <i>rinse & dice</i>
200g	Cucumber <i>rinse & dice</i>
40g	Salad Leaves <i>rinse & roughly shred</i>
100ml	Hummus
40g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter
Seasoning (salt & pepper)

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 onion until caramelised, 8-10 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 lentils until crispy, 6-8 minutes. In the final 30-60 seconds, add the garlic, remove from the pan, and season.

4. SOME FRESHNESS In a bowl, combine the vinegar, and 15ml [30ml] of olive oil. Add the tomatoes, the cucumber, the 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). 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	443kJ
Energy	106kcal
Protein	7.8g
Carbs	8g
of which sugars	2.2g
Fibre	2.5g
Fat	3.1g
of which saturated	1.2g
Sodium	121mg

Allergens

Cow's Milk, Allium, Sesame, Sulphites

Eat
Within
3 Days