



WCOOK

Brilliant Beef Sirloin & Couscous

with basil pesto & tomato

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Strandveld | Grenache

Nutritional Info

	Per 100g	Per Portion
Energy	816kJ	3443kJ
Energy	195kcal	824kcal
Protein	12.9g	54.4g
Carbs	12g	52g
of which sugars	2g	8.2g
Fibre	2g	8.3g
Fat	6.6g	27.8g
of which saturated	2.3g	9.9g
Sodium	207mg	874mg

Allergens: Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 5 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Couscous
160g	320g	Beef Sirloin
7,5ml	15ml	NOMU Moroccan Rub
1	2	Spring Onion/s <i>rinse, trim & finely slice</i>
1	1	Tomato <i>rinse & roughly dice ½ [1]</i>
20ml	40ml	Pesto Princess Basil Pesto
30g	60g	Danish-style Feta <i>drain</i>
10g	20g	Pumpkin Seeds

From Your Kitchen

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

1. FOR FLUFFINESS Boil the kettle. Place the couscous in a bowl with 100ml [200ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. SIZZLING 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, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. LOADED COUSCOUS Return the pan, wiped down, to medium heat with a drizzle of oil and a knob of butter if necessary. Fry the onion until golden, 2-3 minutes (shifting occasionally). To the bowl with the couscous, toss through the onion, the tomatoes, a drizzle of olive oil, and seasoning.

4. NEXT LEVEL YUM! Loosen the pesto with a drizzle of olive oil. Bowl up the loaded couscous. Top with the rump slices. Crumble over the feta and drizzle over the pesto. Garnish with the pumpkin seeds. Enjoy, Chef!

Chef's Tip Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.