

Eat Within 4 Days

# UCOOK

## Caramelised Beef Bowl

**with roasted carrots & chickpeas**

**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Deetlefs Wine Estate | Deetlefs Stonecross Pinotage

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 320kJ | 2055kJ |
| Energy | 76kcal | 492kcal |
| Protein | 7.5g | 47.9g |
| Carbs | 9g | 58g |
| of which sugars | 3.5g | 22.8g |
| Fibre | 2.4g | 15.3g |
| Fat | 1g | 6.6g |
| of which saturated | 0.3g | 1.7g |
| Sodium | 152mg | 794mg |

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** None

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|---|---|---|
| 240g | 480g | Carrot<br>*rinse, trim, peel & cut into bite-sized pieces* |
| 20ml | 40ml | NOMU Spice Mix<br>*(15ml [30ml] NOMU Rub & 5ml [10ml] Paprika)* |
| 60g | 120g | Chickpeas<br>*drain & rinse* |
| 1 | 1 | Onion<br>*peel & roughly slice* |
| 150g | 300g | Beef Strips |
| 30ml | 60ml | Tzatziki |

## From Your Kitchen

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

1. CARROTS Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and ½ of the NOMU spice mix. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. BEEF STRIPS Place a pan over high heat with a drizzle of oil and a knob of butter. Pat the beef dry with paper towel and coat with the remaining NOMU spice mix. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan.

3. CRISPY CHICKPEAS In a bowl, combine the chickpeas, a drizzle of oil, and seasoning. When the carrots have 15 minutes to go, scatter the chickpeas over, and roast for the remaining time until crispy.

4. CARAMELISED ONION Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). Fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, mix through the beef strips, season, and cover.

5. TIME TO EAT Dish up the roast, top with the caramelised onion and beef. Finish with dollops of the tzatziki. Enjoy, Chef!