

Eat Within 4 Days

HELLOFRESH

Lebanese-style Beef Strips

with caramelised onion, crispy lentils & Danish-style feta

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Creation Wines | Creation Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	300kJ	1739kJ
Energy	72kcal	416kcal
Protein	9.2g	53.3g
Carbs	8g	45g
of which sugars	2.2g	12.9g
Fibre	2.3g	13.6g
Fat	1.7g	10.1g
of which saturated	0.9g	5g
Sodium	59mg	340mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Beef Schnitzel (without crumb)
5ml	10ml	NOMU Italian Rub
1	1	Onion *peel & roughly slice*
60g	120g	Tinned Lentils *drain & rinse*
1	1	Garlic Clove *peel & grate*
15ml	30ml	Red Wine Vinegar
1	2	Tomato/es *rinse & dice*
100g	200g	Cucumber *rinse & dice*
20g	40g	Salad Leaves *rinse & roughly shred*
40ml	80ml	Hummus
20g	40g	Danish-style Feta *drain*

From Your Kitchen

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

1. BEEF PREP Pat the schnitzel dry with paper towel, cut into strips and mix with the NOMU rub. Set aside.

2. SWEET ONION 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. LEKKER LENTILS Return the pan, wiped down if necessary, to medium-high heat with a drizzle of oil. 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 tomato, the cucumber, the salad leaves and seasoning. Toss to combine.

5. BEEF STRIPS Return the pan to high heat with a drizzle of oil and a knob of butter. Sear the beef until browned, 30-60 seconds (shifting occasionally). Remove from the pan and season.

6. TIME TO EAT Smear the hummus in an open bowl, then top it with the caramelised onions and the beef strips. Side with the fresh salad, sprinkle over the crispy lentils and scatter the feta over the salad. Enjoy, Chef!