



UCOOK

Seared Beef & Hummus Tabbouleh

with butternut, millet & a tangy pickle

This deconstructed tabbouleh features a whirl of inviting flavours: a lean, juicy cut of beef, roasted butternut, pickled sun-dried tomato and cucumber, and fragrant millet – all soaked in a thick hummus and parsley dressing.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett

♥ Health Nut

🍷 Warwick Wine Estate | First Lady Cabernet
Sauvignon

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Ingredients & Prep

250g	Butternut <i>peeled (optional) & cut into bite-sized chunks</i>
10ml	White Wine Vinegar
20g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
50g	Cucumber <i>roughly diced</i>
75ml	Millet
5ml	Vegetable Stock
10g	Pumpkin & Sunflower Mix
50ml	Hummus
4g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
150g	Free-range Beef Schnitzel (without crumb)

From Your Kitchen

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

1. GET GOING Preheat the oven to 200°C. Place the butternut pieces on a roasting tray. Coat in oil, season, and spread out. Roast in the hot oven for 30-35 minutes until cooked through and starting to crisp. Place the vinegar in a salad bowl with 40ml of warm water. Whisk in 1 tsp of a sweetener of choice until dissolved. Add in the chopped sun-dried tomatoes and diced cucumber, toss, and set aside to pickle.

2. COOK THE MILLET Place a pot over a medium heat. When hot, toast the millet for 1-3 minutes until slightly toasted, shifting occasionally. Pour in 150ml of salted water, stir through the stock, and cover with a lid. Once boiling, reduce the heat and simmer for 10-12 minutes until the water has been absorbed. If it starts to dry out, add more water in small increments to continue cooking. On completion, drain if necessary and return to the pot. Fluff up with a fork and toss through a drizzle of oil. Replace the lid and set aside to keep warm.

3. SEEDS & DRESSING Place the seeds in a pan over a medium heat. Toast for 3-5 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. In a small bowl combine the hummus with 1 tsp of olive oil and $\frac{3}{4}$ of the chopped parsley. Loosen with water in 5ml increments until drizzling consistency. Season to taste and set aside.

4. ALMOST THERE Pat the beef dry with paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the beef for 1-2 minutes on one side until golden. Flip, add in a knob of butter (optional), and fry for a further 1-2 minutes until cooked through. Remove from the pan on completion, season, and cut into 2cm thick slices. Drain the pickling liquid from the tomatoes and cucumber – use to drizzle over your meal when plating or discard! On completion, gently toss the roasted butternut through the millet.

5. EAT UP, CHEF Make a bed of butternut laced millet, top with the pickled veg, and finish with the tender beef slices. Drizzle over the hummus dressing. Garnish with the toasted seeds and the remaining chopped parsley. Warming, filling, and nourishing!

Nutritional Information

Per 100g

Energy	517kJ
Energy	124Kcal
Protein	8.6g
Carbs	15g
of which sugars	1.9g
Fibre	2.5g
Fat	2.9g
of which saturated	0.6g
Sodium	144mg

Allergens

Allium, Sesame, Sulphites

Cook
within
4 Days