



# UCOOK

## Seared Beef & Hummus Tabbouleh

with dukkah-crusted butternut, bulgur wheat & a tangy pickle

This deconstructed tabbouleh features a whirl of inviting flavours: a lean, juicy cut of beef, butternut roasted in nutty dukkah, pickled tomato and cucumber, and fragrant bulgar wheat – all soaked in a thick hummus and parsley dressing.

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**Hands-On Time:** 35 minutes

**Overall Time:** 40 minutes


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**Serves:** 1 Person

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**Chef:** Alex Levett

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 Easy Peasy

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 Lanzerac Estate | Keldermeester Versameling Bergstroom

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## Ingredients & Prep

250g	Butternut <i>peeled (optional) &amp; cut into bite-sized chunks</i>
10ml	White Wine Vinegar
80g	Baby Tomatoes <i>rinsed &amp; halved</i>
50g	Cucumber <i>roughly diced</i>
75ml	Bulgur Wheat
5ml	Vegetable Stock
15ml	Dukkah
10g	Pumpkin & Sunflower Seed Mix
50ml	Hummus
4g	Fresh Parsley <i>rinsed, picked &amp; 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. AND OFF WE GO...** Preheat the oven to 200°C. Place the butternut chunks on a roasting tray. Coat in oil, season lightly, and spread out evenly. Roast in the hot oven for 30-35 minutes. Place the vinegar in a salad bowl with 40ml of warm water, and whisk in 1 tsp of a sweetener of choice until dissolved. Add in the halved baby tomatoes and diced cucumber, toss to coat, and set aside to pickle.

**2. STEAM THE BULGUR** Boil the kettle. Using a bowl, submerge the bulgur wheat and stock in 100ml of boiling water. Add a drizzle of oil and stir through with a fork. Cover with a plate and set aside to steam for 15-20 minutes until cooked and tender. Fluff with the fork on completion, replace the plate, and set aside to keep warm.

**3. HALFTIME** When the butternut reaches the halfway mark, remove from the oven and give it a shift. Sprinkle over the dukkah and return to the oven for the remaining roasting time until cooked through and crisping up.

**4. CRUNCHY SEEDS & SMOOTH 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. 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 for serving.

**5. YOU'RE ALMOST THERE** Pat the schnitzel dry with paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the schnitzel 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 and season. Drain the liquid from the pickle – reserve for drizzling over your meal when plating, or discard. Add the cooked butternut to the bulgur wheat and gently toss until distributed. Cut the schnitzel into 2cm thick slices.

**6. EAT UP, CHEF!** Make a bed of bright bulgur, cover in pickled cucumber and tomato, and finish with the tender beef slices. Drizzle over the hummus dressing, scatter over the toasted seeds, and garnish with the remaining chopped parsley. Warming, filling, and nourishing.



## Chef's Tip

The butternut skin adds flavour and nutrients, but can be removed if you prefer. With its naturally sweet flavour, butternut is delicious roasted, steamed, mashed with butter or coconut oil, or even grated and made into fritters!

## Nutritional Information

Per 100g

Energy	469kJ
Energy	112Kcal
Protein	8g
Carbs	13g
of which sugars	1.3g
Fibre	2.8g
Fat	2.7g
of which saturated	0.6g
Sodium	175mg

## Allergens

Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Tree Nuts

Cook  
within  
4 Days