



Eat Within 3 Days

UCCOOK

Hummus & Beef Bowl

with caramelised onion, crispy lentils & Danish-style feta

Hands-on Time: 45 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Painted Wolf Wines | The Den Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	440kj	2981kj
Energy	105kcal	713kcal
Protein	7.9g	53.3g
Carbs	8g	55g
of which sugars	2.2g	15g
Fibre	2.4g	16.6g
Fat	3g	20.5g
of which saturated	1.2g	8g
Sodium	113mg	769mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
60g	80g	Danish-style Feta <i>drain</i>
45ml	60ml	Red Wine Vinegar
300g	400g	Cucumber <i>rinse & dice</i>
15ml	20ml	NOMU Italian Rub
450g	600g	Beef Rump Strips
3	4	Tomatoes <i>rinse & dice</i>
2	2	Garlic Cloves <i>peel & grate</i>
125ml	160ml	Hummus
2	2	Onions <i>peel & roughly slice</i>
180g	240g	Tinned Lentils <i>drain & rinse</i>

From Your Kitchen

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

- 1. BEEF PREP** Pat the beef strips dry with paper towel 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, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.
- 3. LENTILS** Return the pan, wiped down if necessary, to medium-high heat with a drizzle of oil. Fry the lentils until crispy, 8-10 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 45ml [60ml] of olive oil. Add the tomato, the cucumber, the salad leaves, seasoning, and 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!