



UCCOOK

Harissa Hummus & Beef Sirloin

with cabbage, chickpeas & fluffy bulgur

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Neil Ellis Wines | Neil Ellis The Left Bank
Cabernet Sauvignon Merlot

Nutritional Info	Per 100g	Per Portion
Energy	792kJ	3644kJ
Energy	189kcal	871kcal
Protein	12g	55.1g
Carbs	18g	85g
of which sugars	2.3g	10.5g
Fibre	4.4g	20.3g
Fat	4.6g	21.2g
of which saturated	1g	4.7g
Sodium	273mg	1257mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Bulgur Wheat
60g	120g	Chickpeas <i>drain & rinse</i>
100g	100g	Cabbage <i>cut into big bite-sized chunks</i>
15ml	30ml	NOMU Moroccan Rub
160g	320g	Beef Sirloin
50ml	100ml	Harissa Hummus <i>(20ml [40ml] Pesto Princess Harissa Paste & 30ml [60ml] Hummus)</i>
10g	20g	Pumpkin & Sunflower Seed Mix

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Seasoning (salt & pepper)

1. BEGIN WITH BULGUR Boil the kettle. Place the bulgur wheat in a pot with 150ml [300ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside.

2. CHICKPEAS & CABBAGE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the chickpeas and the cabbage until lightly golden, 5-6 minutes. Add the NOMU rub and fry until fragrant, 1-2 minutes. Remove from the pan. Add to the bulgur and season.

3. SEARED STEAK Return the pan, wiped down, to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. TIME TO EAT Make a bed of the loaded bulgur and top with the steak slices. Drizzle the harissa hummus over the steak and sprinkle over the seed mix. Good job, Chef!

Chef's Tip Place the pumpkin & sunflower seed mix in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.