



# UCCOOK

## Harissa Hummus & Beef Sirloin

with cabbage, chickpeas & fluffy bulgur

**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**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 3	[Serves 4]	
225ml	300ml	Bulgur Wheat
180g	240g	Chickpeas <i>drain &amp; rinse</i>
200g	200g	Cabbage <i>cut into big bite-sized chunks</i>
45ml	60ml	NOMU Moroccan Rub
480g	640g	Beef Sirloin
150ml	200ml	Harissa Hummus <i>(60ml [80ml] Pesto Princess Harissa Paste &amp; 90ml [120ml] Hummus)</i>
30g	40g	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 450ml [600ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 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, 5-7 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.