



UCCOOK

Summer Beef Bulgur Bowl

with charred corn

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Nitida | Cabernet sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	570kj	2138kj
Energy	136kcal	511kcal
Protein	12.8g	48g
Carbs	18g	67g
of which sugars	0.9g	3.2g
Fibre	3g	11.3g
Fat	1.6g	6g
of which saturated	0.6g	2.2g
Sodium	130mg	488mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Bulgur Wheat
40g	80g	Corn
50g	100g	Cucumber <i>rinse & roughly dice</i>
20g	40g	Salad Leaves <i>rinse & finely shred</i>
150g	300g	Beef Strips
7,5ml	15ml	NOMU Roast Rub
3g	5g	Fresh Chives <i>rinse & finely chop</i>
30ml	60ml	Low Fat Plain Yoghurt

From Your Kitchen

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

1. BEGIN THE 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. SWEET CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. GO FOR GREEN Add the cucumber, the corn, and the salad leaves to the bulgur, and season.

4. BEEF Return the pan to high heat with a drizzle of oil and a knob of butter. Pat the beef strips dry with paper towel, the NOMU rub, and season. When hot, fry the beef strips until browned, 20-30 seconds (shifting occasionally). Remove from the pan and reserve any pan juices.

5. HERBY YOGHURT In a bowl, combine the chives, the yoghurt, and seasoning.

6. WELL DONE! Dish up the bulgur salad, top with the beef strips, and dollop over the herby yoghurt.