

UCCOOK

Brilliant Beef & Couscous

with basil pesto & tomato

Hands-on Time: 10 minutes

Overall Time: 15 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post Merlot

Nutritional Info	Per 100g	Per Portion
Energy	648kJ	3183kJ
Energy	155kcal	761kcal
Protein	11.4g	56.2g
Carbs	11g	54g
of which sugars	1.9g	9.5g
Fibre	1.9g	9.4g
Fat	6.1g	30.2g
of which saturated	2g	9.6g
Sodium	226mg	1110mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Tree Nuts

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Couscous
1	2	Spring Onion/s <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
1	1	Tomato <i>rinse & roughly dice ½ [1]</i>
50g	100g	Cucumber <i>rinse & roughly slice</i>
20g	40g	Pitted Kalamata Olives <i>drain</i>
150g	300g	Beef Schnitzel (without crumb)
7,5ml	15ml	NOMU Moroccan Rub
30g	60g	Danish-style Feta <i>drain</i>
30ml	60ml	Pesto Princess Basil Pesto
10g	20g	Pumpkin Seeds

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. **READY TO COOK?** Boil the kettle. Place the couscous in a bowl with 100ml [200ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork. Toss through the spring onion, the tomatoes, the olives, the cucumber and seasoning.

2. **SEAR THE SCHNITZEL** Place a pan over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 20-30 seconds per side. In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan, and season.

3. **LET'S EAT!** Bowl up the loaded couscous. Top with the schnitzel. Crumble over the feta and drizzle over the pesto. Garnish with the pumpkin seeds. Enjoy, Chef!