



UCOOK

Sesame-crusted Avo & Beef Bowl

with pita quarters & whipped feta

Succulent pieces of beef are cooked to perfection and served alongside creamy avocado, coated with a delicate sesame crust, adding a delightful crunch & nutty flavour. Completing this ensemble are tangy, vibrant pickled vegetables along with whipped feta, adding a refreshing & zesty contrast.


Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 Paserene | The Shiner White Blend

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Ingredients & Prep

15ml	Lemon Juice
50g	Cucumber <i>cut into thin rounds</i>
20g	Radish <i>rinsed & cut into thin rounds</i>
15ml	Mixed Sesame Seeds
1	Avocado
40ml	Low Fat Plain Yoghurt
40g	Danish-style Feta <i>drained</i>
50g	Corn
20g	Green Leaves <i>rinsed</i>
150g	Free-range Beef Schnitzel (without crumb)
10ml	NOMU Beef Rub
1	Pita Bread

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Blender (optional)
Paper Towel
Butter

1. PICKLED VEG In a bowl, combine $\frac{3}{4}$ of the lemon juice, 15ml of water, and 5ml of a sweetener. Add the cucumber & radish rounds. Toss until coated and set aside to pickle.

2. SESAME-COATED AVO Place the sesame seeds in a shallow dish. Halve the avocado and set aside half for another meal. Peel the skin off, keeping the flesh intact. Place the avo half, cut-side down, in the dish of sesame seeds and gently press until the cut-side is coated in seeds. Set aside.

3. CREAMY FETA In a bowl, combine the yoghurt and the drained feta. Mash with a fork until smooth. Add water in 5ml increments if the mixture is not coming together. Alternatively, use a blender. Season and set aside.

4. TASTY SALAD Place a pan over 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 place in a bowl. Just before serving, add the pickled veg and a splash of the pickling liquid, the rinsed green leaves, seasoning, and a drizzle of olive oil to the bowl. Toss until combined.

5. BUTTER-BASTED SCHNITZEL Return the pan to medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, fry the schnitzel until golden, 1-2 minutes per side. In the final 30 seconds, baste with a knob of butter and the NOMU rub.

6. TOASTED PITA Return the pan, wiped down, to medium heat. When hot, toast the pita until heated through, 30-60 seconds per side. Alternatively, heat up in the microwave, 30-60 seconds. Cut into quarters.

7. SET THE TABLE Smear the whipped feta on the plate. Top with the beef schnitzel. Side with the pickled veg & corn salad and the sesame avo. Sprinkle over any remaining sesame seeds and serve with the pita quarters. Get dunking, Chef!

Nutritional Information

Per 100g

Energy	645kJ
Energy	154kcal
Protein	9.7g
Carbs	13g
of which sugars	1.1g
Fibre	2.8g
Fat	6.8g
of which saturated	2g
Sodium	216mg

Allergens

Gluten, Dairy, Sesame, Wheat,
Sulphites

Cook
within
4 Days