



UCCOOK

Autumn Hummus & Beef Rump Bowl

with caramelised onion, crispy lentils & Danish-style feta

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Muratie Wine Estate | Muratie Ronnie
Melck Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	443kj	3048kj
Energy	106kcal	728kcal
Protein	7.8g	53.8g
Carbs	8g	57g
of which sugars	2.2g	15.1g
Fibre	2.5g	17g
Fat	3.1g	21.4g
of which saturated	1.2g	8.2g
Sodium	121mg	830mg

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

Spice Level: NONE

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Beef Rump Strips
15ml	20ml	NOMU Italian Rub
2	2	Onions <i>peel & roughly slice</i>
180ml	240g	Tinned Lentils <i>drain & rinse</i>
2	2	Garlic Cloves <i>peel & grate</i>
45ml	60ml	Red Wine Vinegar
3	4	Tomatoes <i>rinse & dice</i>
300g	400g	Cucumber <i>rinse & dice</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
150ml	200ml	Hummus
60g	80g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

- 1. BEEF PREP** Pat the beef strips dry with paper towel and mix with the NOMU rub. Set aside.
- 2. ONIONS** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 12-15 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.
- 3. LENTILS** Return the pan, wiped down if necessary, to medium-high heat with a drizzle of oil. When hot, fry the lentils until crispy, 8-10 minutes. In the final 30-60 seconds, add the garlic, remove from the pan, and season.
- 4. SOME FRESHNESS** In a bowl, combine the vinegar, and 45ml [60ml] of olive oil. Add the tomatoes, the cucumber, the salad leaves, seasoning, and toss to combine.
- 5. BEEF STRIPS** Return the pan to high heat with a drizzle of oil and a knob of butter. When hot, sear the beef until browned, 30-60 seconds (shifting occasionally). You may need to do this step in batches. Remove from the pan and season.
- 6. TIME TO EAT** Smear the hummus in an open bowl, then top it with the caramelised onions, and the beef strips. Side with the fresh salad, sprinkle over the crispy lentils and scatter the drained feta over the salad. Enjoy, Chef!