



Eat Within 3 Days

UCCOOK

Hummus & Beef Bowl

with caramelised onion, crispy lentils & Danish-style feta

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Painted Wolf Wines | The Den Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	440kj	2981kj
Energy	105kcal	713kcal
Protein	7.9g	53.3g
Carbs	8g	55g
of which sugars	2.2g	15g
Fibre	2.4g	16.6g
Fat	3g	20.5g
of which saturated	1.2g	8g
Sodium	113mg	769mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
5ml	10ml	NOMU Italian Rub
150g	300g	Beef Rump Strips
20g	40g	Danish-style Feta <i>drain</i>
60g	120g	Tinned Lentils <i>drain & rinse</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
15ml	30ml	Red Wine Vinegar
1	1	Garlic Clove <i>peel & grate</i>
40ml	80ml	Hummus
100g	200g	Cucumber <i>rinse & dice</i>
1	2	Tomato/es <i>rinse & dice</i>
1	1	Onion <i>peel & roughly slice</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. SWEET ONION** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 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. Fry the lentils until crispy, 6-8 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 15ml [30ml] of olive oil. Add the tomato, 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. Sear the beef until browned, 30-60 seconds (shifting occasionally). 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 feta over the salad. Enjoy, Chef!