



# UCOOK

## Souvlaki Beef Rump & Butter Bean Purée

with a fresh salad & lemon vinaigrette

Mouthwatering beef rump chunks are tossed in a souvlaki spice mix and threaded onto a skewer alongside petals of crunchy onions. These delish sticks are then pan fried to perfection and laid on a silky smooth bed of butter bean purée. Sided with a zesty salad of fresh oregano, bright tomatoes, and cucumbers. It's the tastiest souvlaki in town, Chef!

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Rhea Hsu

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 Carb Conscious

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 Stellenzicht | Tristone Cabernet Sauvignon

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## Ingredients & Prep

2	Onions <i>1½ peeled &amp; cut into wedges</i>
480g	Free-range Beef Rump <i>cut into cubes</i>
30ml	Souvlaki Spice <i>(7,5ml Dried Oregano, 7,5ml Garlic Powder &amp; 15ml Paprika)</i>
6	Wooden Skewers
360g	Butter Beans <i>drained &amp; rinsed</i>
30ml	Lemon Juice
12g	Fresh Oregano <i>rinsed, picked &amp; roughly chopped</i>
300g	Cucumber <i>cut into chunks</i>
2	Tomatoes <i>1½ roughly diced</i>
60g	Salad Leaves <i>rinsed &amp; roughly shredded</i>

## From Your Kitchen

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

**1. SOUVLAKI SKEWERS** Separate the layers of the onion wedges into petals. In a bowl, combine the onion petals, the beef cubes, the souvlaki spice, a drizzle of oil and seasoning. Thread 1 beef cube and 2-3 onion petals on to a skewer. Repeat in the same order, filling up each skewer until all the skewers are full. Set aside.

**2. SILKY PURÉE** Place a pot over medium-high heat with the rinsed beans and 120ml of milk or water. Once boiling, remove from the heat and stir in a drizzle of oil or a knob of butter. Place in a blender or mash with a fork until the desired consistency. If it's too thick, add a splash of milk or water. Season to taste and cover to keep warm.

**3. GET YOUR GRILL ON** Place a pan or griddle pan over medium-high heat with a drizzle of oil. When hot, fry the beef skewers for 4-6 minutes in total, turning as they colour. You may have to do this step in batches. In the final minute, baste with a knob of butter (optional).

**4. SALAD STEP** In a salad bowl, combine the lemon juice, a drizzle of oil, a sweetener of choice, ½ the chopped oregano, and seasoning. Add the cucumber chunks, the diced tomato, and the shredded leaves. Toss until combined.

**5. GET IT TO THE GREEK** Smear the butter bean purée on the plate and top with the beef souvlaki skewers. Sprinkle over the remaining oregano. Side with the dressed salad. Opa, Chef!

## Nutritional Information

Per 100g

Energy	375kj
Energy	90kcal
Protein	7.5g
Carbs	6g
of which sugars	1.4g
Fibre	2.1g
Fat	2g
of which saturated	0.7g
Sodium	88mg

## Allergens

Allium

Cook  
within 3  
Days