



UCCOOK

Summer Beef Bulgur Bowl

with charred corn

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Simple & Save: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Nitida | Cabernet sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	570kj	2138kj
Energy	136kcal	511kcal
Protein	12.8g	48g
Carbs	18g	67g
of which sugars	0.9g	3.2g
Fibre	3g	11.3g
Fat	1.6g	6g
of which saturated	0.6g	2.2g
Sodium	130mg	488mg

Allergens: Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Bulgur Wheat
120g	160g	Corn
150g	200g	Cucumber <i>rinse & roughly dice</i>
60g	80g	Salad Leaves <i>rinse & finely shred</i>
450g	600g	Beef Strips
22,5ml	30ml	NOMU Roast Rub
8g	10g	Fresh Chives <i>rinse & finely chop</i>
90ml	125ml	Low Fat Plain Yoghurt

From Your Kitchen

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

1. BEGIN THE BULGUR Boil the kettle. Place the bulgur wheat in a pot with 450ml [600ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, fluff with a fork, and set aside.

2. SWEET CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

3. GO FOR GREEN Add the cucumber, the corn, and the salad leaves to the bulgur, and season.

4. BEEF Return the pan to high heat with a drizzle of oil and a knob of butter. Pat the beef strips dry with paper towel, the NOMU rub, and season. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). You may need to do this step in batches. Remove from the pan and season.

5. HERBY YOGHURT In a bowl, combine the chives, the yoghurt, and seasoning.

6. WELL DONE! Dish up the bulgur salad, top with the beef strips, and dollop over the herby yoghurt.