



U C O O K

— COOKING MADE EASY

Sirloin & Spelt Power Bowl

with tahini, creamy feta & a homemade honey-pecan brittle

Tap into the power of ancient nutrients with this bountiful bowl: juicy beef with Moroccan spices, honey and pecan brittle, and tangy tahini dressing — all atop protein-packed spelt and a feta, pea, and green bean salad.

Hands-On Time: 40 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Samantha Finnegan

 **Easy Peasy**

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

200ml	Pearled Spelt
30g	Pecan Nut Pieces
40ml	Honey
30ml	Tahini
30ml	White Wine Vinegar
160g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
100g	Peas
40g	Green Leaves <i>rinsed</i>
80g	Danish-Style Feta <i>drained</i>
5g	Fresh Basil <i>rinsed & gently shredded</i>
320g	Free-Range Beef Sirloin
5ml	NOMU Moroccan Rub

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Paper Towel

1. SUPERGRAIN! Rinse the spelt and place in a pot. Submerge in 500ml of salted water, place over a medium-high heat, and pop on a lid. Once boiling, reduce the heat and simmer for 30-40 minutes with the lid slightly ajar until tender. Stir occasionally, adding more water if required. Remove from the heat on completion and drain if necessary.

2. NUT BRITTLE Thoroughly grease a flat tray or dish. Place the pecan pieces in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove on completion and set aside. Return the pan to the heat, add in the honey, and combine with 1 tsp of water. Bubble for 3-4 minutes until foamy and darker in colour, gently swirling the pan occasionally. Stir through 1 tsp of butter and allow to bubble for 1 minute. Add in the toasted pecans and mix until coated. Evenly pour onto the greased tray, sprinkle with salt, and set aside to cool.

3. DRESSING Boil the kettle. Combine the tahini with the white wine vinegar to taste. Mix in 1 tbsp of olive oil and 2 tbsp of boiling water. Season to taste and set aside for serving.

4. SALAD TIME Place a pot over a high heat, fill with boiling water, and add a pinch of salt. Once boiling, blanch the sliced beans for 2-3 minutes until cooked al dente. In the final 30 seconds, pop in the peas to plump them up. Drain on completion and run under cold water. Place in a bowl with the rinsed green leaves and crumble in three-quarters of the drained feta. Add three-quarters of the shredded basil, a drizzle of oil, and some seasoning. Toss and set aside for serving.

5. SIZZLING SIRLOIN When the spelt has 5 minutes remaining, pat the steak dry with paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, sear the steak fat-side down for 3-5 minutes until crispy. Then, fry each side for 2-4 minutes or until cooked to your preference. (This time frame may depend on the thickness of the steak.) During the final 1-2 minutes, baste the steak with a knob of butter and the Moroccan Rub to taste. Remove from the pan and rest for 5 minutes before slicing. Roughly chop the hardened brittle.

6. YUM! Dish up a heap of spelt and top with the green salad. Lay over the sirloin slices and pour over any pan juices to taste. Scatter over the pecan brittle and drizzle with tahini dressing. Garnish with the remaining shredded basil and crumble over the remaining feta. Dinner is served!



Chef's Tip

When simmering the honey for the pecan nut brittle, don't let it over boil, or it'll burn! Don't take your eyes off it until it's that rich, dark colour and thick, foamy texture.

Nutritional Information

Per 100g

Energy	903kj
Energy	216Kcal
Protein	12.5g
Carbs	20g
of which sugars	6.8g
Fibre	3.6g
Fat	8g
of which saturated	2.4g
Sodium	137mg

Allergens

Gluten, Dairy, Sesame, Wheat,
Sulphites, Tree Nuts

Cook
within
4 Days