

# UCOOK

## Sesame-crusted Avo & Beef Bowl

with pita quarters & whipped feta

Succulent pieces of beef are cooked to perfection and served alongside creamy avocado, coated with a delicate sesame crust, adding a delightful crunch & nutty flavour. Completing this ensemble are tangy, vibrant pickled vegetables along with whipped feta, adding a refreshing & zesty contrast.

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**Hands-on Time:** 35 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People


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**Chef:** Thea Richter

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 Fan Faves

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 Paserene | The Shiner White Blend

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## Ingredients & Prep

30ml	Lemon Juice
100g	Cucumber <i>cut into thin rounds</i>
40g	Radish <i>rinsed &amp; cut into thin rounds</i>
30ml	Mixed Sesame Seeds
1	Avocado
80ml	Low Fat Plain Yoghurt
80g	Danish-style Feta <i>drained</i>
100g	Corn
40g	Green Leaves <i>rinsed</i>
300g	Free-range Beef Schnitzel (without crumb)
20ml	NOMU Beef Rub
2	Pita Breads

## From Your Kitchen

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

**1. PICKLED VEG** In a bowl, combine  $\frac{3}{4}$  of the lemon juice, 30ml of water, and 10ml of a sweetener. Add the cucumber & radish rounds. Toss until coated and set aside to pickle.

**2. SESAME-COATED AVO** Place the sesame seeds in a shallow dish. Halve the avocado and remove the pip. Peel the skin off, keeping the flesh intact. Place the avo half, cut-side down, in the dish of sesame seeds and gently press until the cut-side is coated in seeds. Set aside.

**3. CREAMY FETA** In a bowl, combine the yoghurt and the drained feta. Mash with a fork until smooth. Add water in 5ml increments if the mixture is not coming together. Alternatively, use a blender. Season and set aside.

**4. TASTY SALAD** Place a pan over high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and place in a bowl. Just before serving, add the pickled veg and a splash of the pickling liquid, the rinsed green leaves, seasoning, and a drizzle of olive oil to the bowl. Toss until combined.

**5. BUTTER-BASTED SCHNITZEL** Return the pan to medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, fry the schnitzel until golden, 1-2 minutes per side. In the final 30 seconds, baste with a knob of butter and the NOMU rub.

**6. TOASTED PITA** Return the pan, wiped down, to medium heat. When hot, toast the pitas until heated through, 30-60 seconds per side. Alternatively, heat up in the microwave, 30-60 seconds. Cut into quarters.

**7. SET THE TABLE** Smear the whipped feta on the plate. Top with the beef schnitzel. Side with the pickled veg & corn salad and the sesame avo. Sprinkle over any remaining sesame seeds and serve with the pita quarters. Get dunking, Chef!

## Nutritional Information

Per 100g

Energy	645kJ
Energy	154kcal
Protein	9.7g
Carbs	13g
of which sugars	1.1g
Fibre	2.8g
Fat	6.8g
of which saturated	2g
Sodium	216mg

## Allergens

Gluten, Dairy, Sesame, Wheat,  
Sulphites

Cook  
within  
4 Days