



UCOOK

Loaded Beef Shawarma Plate

with charred baby marrow, roasted beetroot, gherkins & tzatziki

Go on a flavour journey to the Middle East with this incredible shawarma plate, no passport required! This plate is packed with juicy spiced beef strips, roasted beetroot, pickled cabbage, a tomato, onion & gherkin salsa, and creamy tzatziki!

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Ella Nasser

 Carb Conscious

 Waterford Estate | Waterford Cabernet Sauvignon

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Ingredients & Prep

600g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized chunks</i>
300g	Cabbage <i>thinly sliced</i>
45ml	White Wine Vinegar
2	Red Onions <i>1½ peeled & finely diced</i>
2	Tomatoes <i>1½ roughly diced</i>
75g	Gherkins <i>drained & roughly diced</i>
90ml	Tzatziki
300g	Baby Marrow <i>rinsed, trimmed & cut into thick rounds</i>
450g	Free-range Beef Strips
15ml	NOMU Moroccan Rub
12g	Fresh Mint <i>rinsed & picked</i>

From Your Kitchen

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

1. CAN'T BEET THIS RECIPE! Preheat the oven to 200°C. Place the beetroot chunks on a roasting tray. Coat in oil and season. Roast in the hot oven for 35-40 minutes until cooked through and crispy, shifting halfway.

2. PREP STEP In a bowl, combine the sliced cabbage, the vinegar, seasoning, and a sweetener of choice (to taste). Set aside to pickle. In a separate bowl, combine the diced onion, diced tomato, and diced gherkin with a drizzle of oil and seasoning. Set aside. In a small bowl, loosen the tzatziki with a splash of water.

3. CHARRED TO PERFECTION When the beetroot has 15 minutes remaining, place a pan over a high heat with a drizzle of oil. When hot, add the baby marrow rounds and fry for 4-5 minutes until charred, shifting occasionally. Remove from the pan and season. Cover and set aside for serving.

4. SIZZLING SHAWARMA Return the pan to a medium-high heat with a drizzle of oil. When hot, add the beef strips and $\frac{3}{4}$ of the rub and fry for 1-2 minutes per side until browned. You may need to do this step in batches. Remove from the pan on completion.

5. A TRIP TO THE MIDDLE EAST Plate up the beef shawarma, the charred baby marrow, the roasted beetroot, the pickled cabbage, and the tomato, onion & gherkin salsa. Side with the tzatziki. Sprinkle over the picked mint and the remaining rub. Dive in, Chef!

Chef's Tip

If you have an air fryer, why not use it to cook the beetroot? Coat in oil, season, and pop in the air fryer at 200°C. Cook for 20-30 minutes or until cooked through and crispy.

Nutritional Information

Per 100g

Energy	219kJ
Energy	52kcal
Protein	5.9g
Carbs	4g
of which sugars	2.1g
Fibre	1.5g
Fat	0.6g
of which saturated	0.2g
Sodium	91mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days