

UCOOK

Merry Minted Beef & Couscous

with balsamic vinegar & pomegranate gems

You'll understand what it means to take your palate on a culinary adventure after tasting this sensational salad, Chef! Couscous is elevated with cooling cucumber, fresh mint, tangy tomato, crispy apple, & creamy feta, topped with butter-basted steak slices, and drizzled with balsamic vinegar and garnished with pomegranate gems.

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Hellen Mwanza

Quick & Easy

Painted Wolf Wines | The Den Cabernet Sauvignon

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Ingredients & Prep

300ml	Couscous
480g	Free-range Beef Rump
15ml	NOMU One For All Rub
90g	Danish-style Feta <i>drain</i>
2	Apples <i>rinse, peel, core & thinly slice 1½</i>
300g	Cucumber <i>rinse & roughly dice</i>
2	Tomatoes <i>rinse & roughly dice</i>
8g	Fresh Mint <i>rinse, pick & roughly chop</i>
45ml	Balsamic Vinegar
30g	Dried Pomegranate Gems

From Your Kitchen

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

1. STEAMED COUSCOUS Boil the kettle. Place the couscous in a bowl with 300ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. BUTTERY STEAK Place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. LOAD WITH FLAVOUR Add the drained feta, the sliced apple, the chopped cucumber, the diced tomato, and ½ the chopped mint to the fluffy couscous.

4. MOUTHWATERING MEAL Make a bed of the loaded couscous, and top with the sliced steak. Drizzle over the balsamic balsamic vinegar. Garnish with the pomegranate gems, and the remaining mint.

Nutritional Information

Per 100g

Energy	533kJ
Energy	127kcal
Protein	7.8g
Carbs	13g
of which sugars	4.4g
Fibre	1.9g
Fat	2.8g
of which saturated	1.2g
Sodium	83mg

Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat
Within
4 Days