



# UCCOOK

## Chimichurri Beef Strips & Aubergine

with a zingy tomato salad

Aubergine wedges are roasted until golden, and are accompanied by Pesto Princess Chimichurri-coated beef strips. A simple tomato salad is served alongside for some freshness, while sunflower seeds finish it off with a crunch.

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**Hands-on Time:** 20 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Megan Bure

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 Carb Conscious

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 Waterford Estate | Waterford The Library  
Collection Cabernet Franc 2017

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## Ingredients & Prep

750g	Aubergine <i>rinsed, trimmed &amp; sliced into wedges</i>
30ml	NOMU Provençal Rub
2	Tomatoes <i>rinsed &amp; 1½ diced</i>
30ml	Balsamic Vinegar
60ml	Pesto Princess Chimichurri Sauce
30g	Sunflower Seeds
450g	Free-range Beef Rump Strips
60g	Green Leaves <i>rinsed</i>

## From Your Kitchen

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

**1. GOLDEN AUBS** Preheat the oven to 220°C. Spread out the aubergine wedges on a roasting tray, coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until softened and crisping up, 30-35 minutes (shifting halfway).

**2. ZINGY TOMS** In a bowl, combine the diced tomatoes, the vinegar, and seasoning. Set aside. Place the chimichurri in a bowl and loosen with a drizzle of oil.

**3. SUNNY SEEDS** When the aubergine has 10-15 minutes remaining, place a pan over medium heat with the sunflower seeds. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**4. AWESOME BEEF** Return the pan to medium heat with a drizzle of oil. When hot, add the beef strips and fry until browned, 2-4 minutes (shifting occasionally). In the final minute, baste the beef with the remaining NOMU rub and a knob of butter. Add the browned beef strips to the bowl with the chimichurri. Toss until coated and set aside.

**5. BALSAMIC SALAD** Just before serving, add the rinsed green leaves to the bowl with the tomatoes along with a drizzle of olive oil. Toss until fully combined.

**6. DINNER IS SERVED!** Plate up the roasted aubergine wedges alongside the chimichurri beef strips. Side with the zingy tomato salad. Sprinkle the toasted sunflower seeds. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	428kJ
Energy	106kcal
Protein	7.4g
Carbs	5g
of which sugars	2.8g
Fibre	2.1g
Fat	4g
of which saturated	0.8g
Sodium	139mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within  
4 Days