



QCOOK

Chimichurri Beef & Chickpeas

with a balsamic dressing

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Carb Conscious: Serves 3 & 4

Chef: Rhea Hsu

Wine Pairing: Groote Post Winery | Groote Post Merlot

Nutritional Info	Per 100g	Per Portion
Energy	609kJ	2917kJ
Energy	146kcal	698kcal
Protein	10.5g	50.4g
Carbs	8g	39g
of which sugars	2.1g	9.9g
Fibre	2.4g	11.6g
Fat	4.4g	21.3g
of which saturated	0.8g	4.1g
Sodium	163mg	782mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
30g	40g	Sunflower Seeds
360g	480g	Chickpeas <i>drain & rinse</i>
480g	640g	Beef Sirloin
30ml	40ml	NOMU Roast Rub
2	2	Tomatoes <i>rinse & slice 1½ [2] into this wedges</i>
120g	160g	Salad Leaves <i>rinse & roughly shred</i>
45ml	60ml	Balsamic Vinegar
60ml	80ml	Pesto Princess Chimichurri Sauce

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. **SUNNY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

2. **POPPIN' CHICKPEAS** Return the pan to medium-high heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season.

3. **BUTTER-BASTED STEAK** Return the pan to 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.

4. **PREP STEP** To a bowl, add the tomato, salad leaves, balsamic, chickpeas, a drizzle of olive oil, and seasoning. In a separate bowl, loosen the chimichurri with a splash of water.

5. **WHAT A GREAT PLATE** Make a bed of the balsamic salad, top with the steak slices, and drizzle over the chimichurri.