UCOOK

TRILLENNIUM's Beef Sirloin Salad

with crispy, lemony chickpeas

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: TRILLENNIUM

Nutritional Info	Per 100g	Per Portion
Energy	573kJ	2765kJ
Energy	137kcal	662kcal
Protein	10.3g	49.8g
Carbs	8g	40g
of which sugars	2.9g	13.8g
Fibre	2.2g	10.5g
Fat	3.4g	16.5g
of which saturated	0.8g	3.6g
Sodium	57mg	276mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
360g	480g	Chickpeas *drain & rinse*
60ml	80ml	Lemon Juice
480g	640g	Beef Sirloin
15ml	20ml	NOMU One For All Rub
60ml	80ml	Balsamic Vinegar
3	4	Tomatoes *rinse & cut into bite-sized pieces*
60g	80g	Salad Leaves *rinse & roughly shred*
60g	80g	Piquanté Peppers *drain*
30g	40g	Sunflower Seeds

From Your Kitchen

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

1. CRISPY CHICKPEAS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 10-12 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Deglaze the pan with the lemon juice. Remove from the pan and season.

2. BEEF STEAK Return the pan to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. 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. JUST BEFORE SERVING In a bowl, combine the balsamic vinegar with 90ml [125ml] of olive oil, a sweetener (to taste), and season. Add the tomatoes, the green leaves, the lemony chickpeas, and the piquanté peppers.

4. DINNER IS READY Dish up the salad, top with the beef slices, and garnish with a sprinkle of the sunflower seeds. Well done, Chef!

Chef's Tip 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.