



UCOOK

Caramelised Beef Bowl

with roasted carrots & chickpeas

Why complicate things when simple can create a mouthwatering meal? Pops of oven-roasted chickpeas and NOMU BBQ Rub-spiced carrots form the backdrop for browned beef strips, sweet caramelised onions, and dollops of tzatziki.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Simple & Save

Deetlefs Wine Estate | Deetlefs Stonecross
Pinotage

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Ingredients & Prep

240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
5ml	NOMU BBQ Rub
150g	Beef Strips
60g	Chickpeas <i>drain & rinse</i>
1	Onion <i>peel & roughly slice</i>
30ml	Tzatziki

From Your Kitchen

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

1. CARROTS Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and ½ of the NOMU rub. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. BEEF STRIPS Place a pan over high heat with a drizzle of oil and a knob of butter. Pat the beef strips dry with paper towel and coat with the remaining rub. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan.

3. CRISPY CHICKPEAS In a bowl, combine the drained chickpeas, a drizzle of oil, and seasoning. When the carrots have 15 minutes to go, scatter the chickpeas over, and roast for the remaining time until crispy.

4. CARMELISED ONION Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, mix through the beef strips, season, and cover.

5. TIME TO EAT Dish up the roast, top with the caramelised onion & beef. Finish with dollops of the tzatziki. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	319kJ
Energy	76kcal
Protein	7.5g
Carbs	8g
of which sugars	3.3g
Fibre	2.1g
Fat	0.9g
of which saturated	0.3g
Sodium	73mg

Allergens

Cow's Milk, Allium, Sulphites

Eat
Within
4 Days