



# UCOOK

## Hummus & Beef Rump Spring Bowl

**with caramelised onion, crispy lentils &  
Danish-style feta**

NOMU Italian Rub-spiced beef strips are dished up on a creamy hummus base and topped with silky-sweet onions. Sided with crispy lentils, a cucumber & tomato salad, and crumbly bits of creamy feta. Let's spring into action, Chef!

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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Carb Conscious

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Deetlefs Wine Estate | Deetlefs Estate Pinotage

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## Ingredients & Prep

300g	Free-range Beef Rump Strips
10ml	NOMU Italian Rub
1	Onion <i>peel &amp; roughly slice</i>
120g	Tinned Lentils <i>drain &amp; rinse</i>
1	Garlic Clove <i>peel &amp; grate</i>
30ml	Red Wine Vinegar
2	Tomatoes <i>rinse &amp; dice</i>
200g	Cucumber <i>rinse &amp; dice</i>
40g	Salad Leaves <i>rinse &amp; roughly shred</i>
100ml	Hummus
40g	Danish-style Feta <i>drain</i>

## From Your Kitchen

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

**1. BEEF PREP** Pat the beef strips dry with paper towel and mix with the NOMU rub. Set aside.

**2. ONIONS** Place a pan over 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 (to taste). Remove from the pan, season, and cover.

**3. LENTILS** Return the pan, wiped down if necessary, to medium-high heat with a drizzle of oil. When hot, fry the rinsed lentils until crispy, 6-8 minutes. In the final 30-60 seconds, add the grated garlic, remove from the pan, and season.

**4. SOME FRESHNESS** In a bowl, combine the vinegar, and 30ml of olive oil. Add the diced tomatoes, the diced cucumber, the shredded salad leaves, seasoning, and toss to combine.

**5. BEEF STRIPS** Return the pan to high heat with a drizzle of oil and a knob of butter. When hot, sear the beef until browned, 30-60 seconds (shifting occasionally). Remove from the pan and season.

**6. TIME TO EAT** Smear the hummus in a bowl, then top it with the caramelised onions, and the beef strips. Arrange the fresh salad around the edge in a circular pattern, sprinkle over the crispy lentils, and scatter the drained feta over the salad. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	442kj
Energy	106kcal
Protein	7.8g
Carbs	8g
of which sugars	2.3g
Fibre	2.4g
Fat	3.1g
of which saturated	1.2g
Sodium	127mg

## Allergens

Allium, Sesame, Sulphites, Cow's Milk

Eat  
Within  
3 Days