



UCOOK

Souvlaki Beef Rump & Butter Bean Purée

with a fresh salad & lemon vinaigrette

Mouthwatering beef rump chunks are tossed in a souvlaki spice mix and threaded onto a skewer alongside petals of crunchy onions. These delish sticks are then pan fried to perfection and laid on a silky smooth bed of butter bean purée. Sided with a zesty salad of fresh oregano, bright tomatoes, and cucumbers. It's the tastiest souvlaki in town, Chef!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Carb Conscious

 Stellenzicht | Tristone Cabernet Sauvignon

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Ingredients & Prep

1	Onion <i>½ peeled & cut into wedges</i>
160g	Free-range Beef Rump <i>cut into cubes</i>
10ml	Souvlaki Spice <i>(2,5ml Dried Oregano, 2,5ml Garlic Powder & 5ml Paprika)</i>
2	Wooden Skewers
120g	Butter Beans <i>drained & rinsed</i>
10ml	Lemon Juice
4g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
100g	Cucumber <i>cut into chunks</i>
1	Tomato <i>½ roughly diced</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Milk (optional)
Blender
Butter (optional)

1. SOUVLAKI SKEWERS Separate the layers of the onion wedges into petals. In a bowl, combine the onion petals, the beef cubes, the souvlaki spice, a drizzle of oil and seasoning. Thread 1 beef cube and 2-3 onion petals on to a skewer. Repeat in the same order, filling up each skewer until all the skewers are full. Set aside.

2. SILKY PURÉE Place a pot over medium-high heat with the rinsed beans and 40ml of milk or water. Once boiling, remove from the heat and stir in a drizzle of oil or a knob of butter. Place in a blender or mash with a fork until the desired consistency. If it's too thick, add a splash of milk or water. Season to taste and cover to keep warm.

3. GET YOUR GRILL ON Place a pan or griddle pan over medium-high heat with a drizzle of oil. When hot, fry the beef skewers for 4-6 minutes in total, turning as they colour. In the final minute, baste with a knob of butter (optional).

4. SALAD STEP In a salad bowl, combine the lemon juice, a drizzle of oil, a sweetener of choice, ½ the chopped oregano, and seasoning. Add the cucumber chunks, the diced tomato, and the shredded leaves. Toss until combined.

5. GET IT TO THE GREEK Smear the butter bean purée on the plate and top with the beef souvlaki skewers. Sprinkle over the remaining oregano. Side with the dressed salad. Opa, Chef!

Nutritional Information

Per 100g

Energy	375kJ
Energy	90kcal
Protein	7.5g
Carbs	6g
of which sugars	1.4g
Fibre	2.1g
Fat	2g
of which saturated	0.7g
Sodium	88mg

Allergens

Allium

Cook
within 3
Days