



UCOOK

Beef Fillet & Glazed Bocconcini Salad

with basil, fresh figs, and chickpeas

Succulent beef fillet is flavoured with NOMU Italian Rub and served alongside a bed of fluffy quinoa topped with creamy bocconcini, fresh figs and spiced chickpeas, all coated in a sweet & sticky balsamic glaze.

Hands-On Time: 30 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Jeannette Joynt

♥ Health Nut

🍷 Fat Bastard | The Golden Reserve

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Ingredients & Prep

240g	Chickpeas <i>drained & rinsed</i>
40ml	NOMU Italian Rub
300ml	Quinoa
80ml	Balsamic Vinegar
600g	Free-range Beef Fillet
640g	Fresh Figs <i>cut into quarters</i>
12	Bocconcini <i>drained & halved</i>
10g	Fresh Basil <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. THE ROAST-ESS WITH THE MOSTESS Preheat the oven to 200°C. Place the drained chickpeas on a roasting tray. Coat in oil, ½ the rub, season and spread out in a single layer. Roast in the hot oven for 20-25 minutes until crispy and caramel in colour.

2. QUINOA TIME Rinse the quinoa and place in a pot. Submerge in 800ml of salted water and place over a medium-high heat. Pop on a lid and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Replace the lid and allow it to stand off the heat for at least 5 minutes.

3. GLAZED & CONFUSED Place a pan over a medium heat. Add the balsamic vinegar, 80ml of water, and 60ml of a sweetener of choice. Mix until fully combined. Simmer for 2-3 minutes until slightly reduced and thickened. Remove from the pan and place in a bowl.

4. DINNER IS AT STEAK! Return the pan to a high heat. Rub some oil and the remaining rub into the fillets until well coated. When the pan is hot, sear the fillets for about 6-8 minutes in total until browned all over, shifting as it colours. Place on a baking tray and roast in the hot oven for 5-7 minutes or until the fillet is cooked to your preference. Remove from the oven on completion and set aside to rest for 5 minutes before slicing. Lightly season the slices.

5. GRAB YOUR COAT In a bowl, combine the fig halves, bocconcini halves, roasted chickpeas, ½ the chopped basil, and ½ the balsamic glaze. Toss until fully combined.

6. LET'S EAT! Plate up the succulent fillet slices with a hearty helping of the fluffy quinoa. Top with the glazed bocconcini mix and drizzle over the remaining balsamic glaze. Sprinkle with the last of the chopped basil. Enjoy!

Nutritional Information

Per 100g

Energy	771kJ
Energy	184Kcal
Protein	10.9g
Carbs	17g
of which sugars	7.2g
Fibre	2.9g
Fat	5.9g
of which saturated	2.8g
Sodium	100mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days