



UCCOOK

Chimichurri Beef Strips & Aubergine

with a zingy tomato salad

Aubergine wedges are roasted until golden, and are accompanied by Pesto Princess Chimichurri-coated beef strips. A simple tomato salad is served alongside for some freshness, while sunflower seeds finish it off with a crunch.

Hands-on Time: 25 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Megan Bure

 Carb Conscious

 Waterford Estate | Waterford The Library
Collection Cabernet Franc 2017

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Ingredients & Prep

1kg	Aubergine <i>rinsed, trimmed & sliced into wedges</i>
40ml	NOMU Provençal Rub
2	Tomatoes <i>rinsed & diced</i>
40ml	Balsamic Vinegar
80ml	Pesto Princess Chimichurri Sauce
40g	Sunflower Seeds
600g	Free-range Beef Rump Strips
80g	Green Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter

1. GOLDEN AUBS Preheat the oven to 220°C. Spread out the aubergine wedges on a roasting tray, coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until softened and crisping up, 30-35 minutes (shifting halfway).

2. ZINGY TOMS In a bowl, combine the diced tomatoes, the vinegar, and seasoning. Set aside. Place the chimichurri in a bowl and loosen with a drizzle of oil.

3. SUNNY SEEDS When the aubergine has 10-15 minutes remaining, place a pan over medium heat with the sunflower seeds. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. AWESOME BEEF Return the pan to medium heat with a drizzle of oil. When hot, add the beef strips and fry until browned, 2-4 minutes (shifting occasionally). In the final minute, baste the beef with the remaining NOMU rub and a knob of butter. Add the browned beef strips to the bowl with the chimichurri. Toss until coated and set aside.

5. BALSAMIC SALAD Just before serving, add the rinsed green leaves to the bowl with the tomatoes along with a drizzle of olive oil. Toss until fully combined.

6. DINNER IS SERVED! Plate up the roasted aubergine wedges alongside the chimichurri beef strips. Side with the zingy tomato salad. Sprinkle the toasted sunflower seeds. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	428kJ
Energy	106kcal
Protein	7.4g
Carbs	5g
of which sugars	2.8g
Fibre	2.1g
Fat	4g
of which saturated	0.8g
Sodium	139mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days