



# UCCOOK

## Mediterranean Beef & Hummus

with herby tomato & sunflower seeds

**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Rhea Hsu

**Wine Pairing:** Waterkloof | Peacock Merlot

### Nutritional Info

	Per 100g	Per Portion
Energy	562kJ	2365kJ
Energy	134kcal	566kcal
Protein	11.7g	49.5g
Carbs	15g	63g
of which sugars	1.2g	5.1g
Fibre	3.1g	12.9g
Fat	3.1g	12.9g
of which saturated	0.7g	2.9g
Sodium	120mg	504mg

**Allergens:** Cow's Milk, Gluten, Allium, Sesame, Wheat, Sulphites

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Bulgur Wheat
2	2	Tomatoes <i>rinse &amp; roughly dice</i>
30g	40g	Sunflower Seeds
450g	600g	Beef Strips
15ml	20ml	NOMU Moroccan Rub
150g	200g	Cucumber <i>rinse &amp; cut into half-moons</i>
90ml	125ml	Hummus

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Butter

Paper Towel

Seasoning (salt & pepper)

**1. COOK THE BULGUR** Boil the kettle. Place the bulgur wheat in a pot with 450ml [600ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, fluff with a fork, and set aside.

**2. DRESSED TOMATOES** In a small bowl, combine the tomato, a drizzle of olive oil, and seasoning. Set aside.

**3. GOLDEN SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**4. FRY THE STRIPS** Return the pan to high heat with a drizzle of oil. Pat the beef strips dry with paper towel. Sear the beef until browned, 30-60 seconds (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan and season.

**5. BOWL IT UP** Plate up the bulgur. Serve with the seared strips, the cucumber half-moons, the herby tomato, and the hummus. Garnish with the sunflower seeds. Great work, Chef!