



UCCOOK

Mediterranean Beef Strips & Hummus

with herby tomato & sunflower seeds

This quick & easy Mediterranean-style hummus bowl really is one for the books! It uses bulgur as a base and is topped with tender pieces of fried beef. We've added creamy hummus, fresh tomato, crunchy cucumber, and a sprinkling of sunflower seeds. A guaranteed winner!

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 4 People

Chef: Rhea Hsu

Simple & Save

Laborie Estate | Laborie Merlot

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Ingredients & Prep

| | |
|-------|--|
| 300g | Bulgur Wheat |
| 2 | Tomatoes <i>rinse & roughly dice</i> |
| 10g | Fresh Oregano <i>rinse, pick & roughly chop</i> |
| 40g | Sunflower Seeds |
| 600g | Beef Strips |
| 20ml | NOMU Moroccan Rub |
| 200g | Cucumber <i>rinse & cut into half-moons</i> |
| 125ml | Hummus |

From Your Kitchen

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

1. COOK THE BULGUR Boil the kettle. Place the bulgur wheat in a pot with 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. HERBY TOMATOES In a small bowl, combine the diced tomato, ½ the chopped oregano (to taste), 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. When hot, 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 and the remaining oregano. Great work, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 559kj |
| Energy | 134kcal |
| Protein | 11.7g |
| Carbs | 15g |
| of which sugars | 1.2g |
| Fibre | 3.1g |
| Fat | 3.1g |
| of which saturated | 0.7g |
| Sodium | 119mg |

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Cow's Milk

Eat
Within
4 Days