

U C O O K

— COOKING MADE EASY

MEDITERRANEAN STEAK PITA

with ready-made tzatziki, creamy feta & olives

What could be toastier than a warm, whole wheat pita bread? Jam-packed with Cajun-spiced salsa, charred baby marrow, crisp rocket, and juicy slices of free-range beef rump seared in a sticky BBQ basting.

Hands-On Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Alex Levett

 **Easy Peasy**

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

600g	Baby Marrow rinsed & cut into bite-size chunks
400g	Baby Tomatoes rinsed & quartered
160g	Pitted Kalamata Olives halved
160g	Danish Feta drained
10ml	NOMU Cajun Rub
640g	Free-Range Beef Rump
100ml	BBQ Sauce
4	Whole Wheat Pitas
80g	Green Leaves rinsed
200ml	Tzatziki

From Your Kitchen

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

1. BEFORE YOU GET GOING Read the whole recipe. The prep instructions are displayed in the ingredient list, directly under the item they apply to. You can either do all your prep before you start, or as you get to each item in the method.

2. CHARRED BABY MARROW Place a large pan over a medium-high heat with a drizzle of oil. When hot, char the baby marrow chunks for 5-6 minutes until cooked through but still lightly crunchy. You may need to do this step in batches. Remove from the pan on completion and place in a bowl.

3. MEDITERRANEAN SALAD Add the quartered baby tomatoes, drained feta, and halved olives to the bowl of charred baby marrow. Toss together with a drizzle of olive oil and the Cajun Rub to taste. Season to taste and set aside for serving.

4. BBQ STEAK TIME! Return the pan to a medium-high heat with another drizzle of oil. Pat the steaks dry with some paper towel. When the pan is hot, sear the steaks fat-side down for 1-2 minutes until the fat is crispy. Then, fry each side for 2-4 minutes, or until cooked to your preference. (The time this takes will depend on the thickness of the steaks.) During the final 1-2 minutes, add the BBQ Sauce and use it to baste the steaks. On completion, remove from the pan and set aside to rest for 5 minutes before slicing. Lightly season the slices.

5. TOASTY PITAS & LEAVES Pop the pitas in the toaster for 2-3 minutes until lightly golden. Slice them in half to create 8 pita pockets. Be careful of the hot steam when opening! Toss some olive oil through the rinsed green leaves and season to taste.

6. JUICY STEAK PITAS Spoon some tzatziki into the pita pockets and stuff with the BBQ steak slices and Mediterranean salad. Slide in some green leaves and dollop with any remaining tzatziki. Serve any remaining leaves, Mediterranean salad, and steak slices on the side. Get hands on and stuck in!

Nutritional Information

Per 100g

Energy	583kj
Energy	139Kcal
Protein	9g
Carbs	10g
of which sugars	2g
Fibre	1g
Fat	5g
of which saturated	2g
Salt	1g

Allergens

Gluten, Allium, Wheat, Sulphites, Soy,
Dairy

Cook
within
4 Days