



# WCOOK

## Brilliant Beef Sirloin & Couscous

with basil pesto & tomato

**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Thea Richter

**Wine Pairing:** Strandveld | Grenache

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 816kJ    | 3443kJ      |
| Energy             | 195kcal  | 824kcal     |
| Protein            | 12.9g    | 54.4g       |
| Carbs              | 12g      | 52g         |
| of which sugars    | 2g       | 8.2g        |
| Fibre              | 2g       | 8.3g        |
| Fat                | 6.6g     | 27.8g       |
| of which saturated | 2.3g     | 9.9g        |
| Sodium             | 207mg    | 874mg       |

**Allergens:** Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 5 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |  |
|----------|------------|--|
| 225ml    | 300ml      | Couscous   |
| 480g     | 640g       | Beef Sirloin<br><i>640g</i>                            |
| 22,5ml   | 30ml       | NOMU Moroccan Rub                                      |
| 3        | 4          | Spring Onions<br><i>rinse, trim &amp; finely slice</i> |
| 2        | 2          | Tomatoes<br><i>rinse &amp; roughly dice 1½ [2]</i>     |
| 60ml     | 80ml       | Pesto Princess Basil Pesto                             |
| 90g      | 120g       | Danish-style Feta<br><i>drain</i>                      |
| 30g      | 40g        | Pumpkin Seeds  |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel  
Butter

1. **FOR FLUFFINESS** Boil the kettle. Place the couscous in a bowl with 300ml [400ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. **SIZZLING STEAK** Place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. **LOADED COUSCOUS** Return the pan, wiped down, to medium heat with a drizzle of oil and a knob of butter if necessary. Fry the onion until golden, 3-4 minutes (shifting occasionally). To the bowl with the couscous, toss through the onion, the tomatoes, a drizzle of olive oil, and seasoning.

4. **NEXT LEVEL YUM!** Loosen the pesto with a drizzle of olive oil. Bowl up the loaded couscous. Top with the rump slices. Crumble over the feta and drizzle over the pesto. Garnish with the pumpkin seeds. Enjoy, Chef!

**Chef's Tip** Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.