



UCCOOK

Mediterranean Beef & Hummus

with herby tomato & sunflower seeds

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Simple & Save: Serves 1 & 2

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 1	[Serves 2]	
75ml	150ml	Bulgur Wheat
1	1	Tomato <i>rinse & roughly dice</i>
10g	20g	Sunflower Seeds
150g	300g	Beef Strips
5ml	10ml	NOMU Moroccan Rub
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
30ml	60ml	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 150ml [300ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 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!