



UCOOK

Harissa Hummus & Beef Rump

with cabbage, chickpeas & fluffy bulgur

Tired of the go-to recipes in your kitchen, Chef? Then let's spice things up with a plate that will invigorate your love for cooking. Fluffy bulgur dotted with nutty chickpeas & golden cabbage form the delicious foundation to display seared steak slices. The harissa hummus drizzle will leave clean plates all around the table.

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Kate Gomba

Quick & Easy

 Doos Wine | Doos Dry Red 3L

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Ingredients & Prep

225ml	Bulgur Wheat
180g	Chickpeas <i>drain & rinse</i>
300g	Cabbage <i>cut into big bite-sized chunks</i>
45ml	NOMU Moroccan Rub
480g	Free-range Beef Rump
150ml	Harissa Hummus <i>(60ml Pesto Princess Harissa Paste & 90ml Hummus)</i>
30g	Pumpkin & Sunflower Seed Mix

From Your Kitchen

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

1. BEGIN WITH BULGUR Boil the kettle. Place the bulgur wheat in a pot with 450ml 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. CHICKPEAS & CABBAGE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the rinsed chickpeas and the cabbage chunks until lightly golden, 5-7 minutes. Add the NOMU rub and fry until fragrant, 1-2 minutes. Remove from the pan. Add to the cooked bulgur and season.

3. SEARED STEAK Return the pan, wiped down, to 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. TIME TO EAT Make a bed of the loaded bulgur and top with the steak slices. Drizzle the harissa hummus over the steak and sprinkle over the seed mix. Good job, Chef!



Chef's Tip

Place the pumpkin & sunflower seed mix in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	796kJ
Energy	190kcal
Protein	11.9g
Carbs	18g
of which sugars	2.3g
Fibre	4.4g
Fat	5.2g
of which saturated	1.2g
Sodium	270mg

Allergens

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

Eat
Within
4 Days