



UCOOK

Sizzling Sirloin & Perfect Pumpkin Hummus

with crispy chickpeas & fresh salad leaves

Sizzling spiced sirloin sliced and laid over a bed of dreamy homemade pumpkin and chickpea hummus! Served with a side of tangy pickled veggies.

Hands-On Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

♥ Health Nut

🍷 Niel Joubert | Reserve Shiraz

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Ingredients & Prep

750g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
180g	Chickpeas <i>drained & rinsed</i>
7,5ml	Ground Cumin
45ml	White Wine Vinegar
150g	Cucumber <i>sliced into matchsticks</i>
2	Plum Tomatoes <i>roughly diced</i>
30g	Pumpkin Seeds
480g	Free-range Beef Sirloin
22,5ml	NOMU Oriental Rub
60g	Salad Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Blender
Paper Towel
Butter (optional)

1. TIME TO ROAST Preheat the oven to 200°C. Place the pumpkin pieces on a roasting tray, coat in oil and seasoning. Pop in the hot oven and roast for 30-35 minutes, shifting halfway. In a bowl, coat the drained chickpeas with oil, the ground cumin, and some seasoning.

2. PICKLE THE VEGGIES Place the white wine vinegar, 4 tbsp of water, and 3 tsp of a sweetener of choice in a bowl. Mix until the sweetener is fully dissolved. Add the cucumber matchsticks and the diced tomatoes. Toss until fully combined and set aside to pickle. Place the pumpkin seeds in a large pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan.

3. CRISPY CHICKS When the pumpkin has 15-20 minutes remaining, remove the tray from the oven and scatter over the dressed chickpeas. Roast for the remaining time until the pumpkin is cooked through and the chickpeas are crispy.

4. SIZZLING SIRLOIN Return the pan to a medium high heat with a drizzle of oil. Pat the steaks dry with paper towel. When the pan is hot, sear the steaks fat-side down, for 3-5 minutes until crispy. Then, fry for 2-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the steaks). During the final 1-2 minutes, baste with a knob of butter (optional) and the rub. Remove from the pan on completion and allow to rest for 5 minutes before slicing. Lightly season the slices.

5. FINAL TOUCHES When the chickpeas and pumpkin are done, place $\frac{1}{2}$ the pumpkin chunks and $\frac{3}{4}$ the chickpeas in a blender or food processor. Pulse until smooth, adding a drizzle of water or olive oil if it's too thick for your liking. In the bowl with the pickled veg, add the rinsed salad leaves, seasoning, and a drizzle of olive oil. Toss until fully combined.

6. LET THEM EAT STEAK! Smear the homemade hummus, top with the steak slices, and side with the salad and the remaining roasted veg. Done and dusted, Chef!



Chef's Tip

Draining and rinsing tinned chickpeas before use reduces the amount of sodium you're adding to your meal. It also improves the flavour and texture of the food.

Nutritional Information

Per 100g

Energy	384kJ
Energy	92Kcal
Protein	7.1g
Carbs	7g
of which sugars	2.2g
Fibre	2g
Fat	1.9g
of which saturated	0.5g
Sodium	59mg

Allergens

Allium, Sesame, Sulphites

Cook
within 2
Days