



UCCOOK

Creation's Middle-eastern Beef & Bulgur

with red pepper hummus & almonds

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Creation Winery

Wine Pairing: Creation Wines | Creation Syrah Grenache

Nutritional Info	Per 100g	Per Portion
Energy	720.2kj	3028.3kj
Energy	172.3kcal	724.5kcal
Protein	11.7g	49.1g
Carbs	15.6g	65.5g
of which sugars	1.8g	7.4g
Fibre	3.4g	14.1g
Fat	5.1g	21.6g
of which saturated	1.1g	4.7g
Sodium	128.7mg	541.1mg

Allergens: Cow's Milk, Gluten, Allium, Sesame, Wheat, Sulphites, Tree Nuts

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Bulgur Wheat
160g	320g	Beef Sirloin
100g	200g	Cucumber <i>rinse & roughly dice</i>
20g	40g	Pitted Kalamata Olives <i>drain & roughly slice</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
10g	20g	Almonds <i>roughly chop</i>
40ml	80ml	Red Pepper Hummus
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. 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. 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. JUST BEFORE SERVING In a salad bowl, combine the bulgur, cucumber, olives, almonds, sun-dried tomatoes, and a generous drizzle of olive oil. Toss to combine and season.

4. DINNER IS READY Bowl up the loaded bulgur, top with the steak slices and finish with dollops of the hummus. Garnish with the parsley and dig in, Chef!

Chef's Tip Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.