



UCCOOK

Red Pepper Hummus & Beef Sirloin

with roasted carrots & a cucumber salsa

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Painted Wolf Wines | The Pack Viognier

Nutritional Info

	Per 100g	Per Portion
Energy	387kJ	2661kJ
Energy	92kcal	637kcal
Protein	6.4g	44.4g
Carbs	7g	51g
of which sugars	3.5g	24.3g
Fibre	1.8g	12.7g
Fat	2.7g	18.9g
of which saturated	0.7g	4.5g
Sodium	79mg	546mg

Allergens: Cow's Milk, Allium, Sesame, Sulphites

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
480g	1	Beef Sirloin
720g	960g	Carrot <i>rinse, trim, peel & cut into wedges</i>
30g	40g	Sunflower Seeds
150g	200g	Cucumber <i>rinse & finely dice</i>
1	1	Onion <i>peel & finely dice ¾ [1]</i>
60g	80g	Sun-dried Tomatoes <i>drain & roughly chop</i>
45ml	60ml	Lemon Juice
15ml	20ml	NOMU One For All Rub
125ml	160ml	Red Pepper Hummus

From Your Kitchen

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

1. ROASTED CARROTS Preheat the oven to 200°C. Spread the carrots on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. SUNNY 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.

3. QUICK SALSA In a bowl, combine the cucumber, onion (to taste), sun-dried tomatoes, ½ the sunflower seeds, and lemon juice (to taste). Season and set aside.

4. SIZZLING STEAK Return the pan to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. 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.

5. TIME TO EAT Make a smear with the hummus and top with the roasted carrots. Serve alongside the beef slices and the cucumber salsa. Garnish with the remaining sunflower seeds. Well done, Chef!