

# UCOOK

## Merry Minted Beef & Couscous

**with balsamic vinegar & pomegranate gems**

You'll understand what it means to take your palate on a culinary adventure after tasting this sensational salad, Chef! Couscous is elevated with cooling cucumber, fresh mint, tangy tomato, crispy apple, & creamy feta, topped with butter-basted steak slices, and drizzled with balsamic vinegar and garnished with pomegranate gems.

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**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Hellen Mwanza

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**Quick & Easy**

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Painted Wolf Wines | The Den Cabernet Sauvignon

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## Ingredients & Prep

100ml	Couscous
160g	Free-range Beef Rump
5ml	NOMU One For All Rub
30g	Danish-style Feta <i>drain</i>
1	Apple <i>rinse, peel, core &amp; thinly slice ½</i>
100g	Cucumber <i>rinse &amp; roughly dice</i>
1	Tomato <i>rinse &amp; roughly dice</i>
3g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>
15ml	Balsamic Vinegar
10ml	Dried Pomegranate Gems

## From Your Kitchen

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

**1. STEAMED COUSCOUS** Boil the kettle. Place the couscous in a bowl with 100ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

**2. BUTTERY 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 and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**3. LOAD WITH FLAVOUR** Add the drained feta, the sliced apple, the chopped cucumber, the diced tomato, and ½ the chopped mint to the fluffy couscous.

**4. MOUTHWATERING MEAL** Make a bed of the loaded couscous, and top with the sliced steak. Drizzle over the balsamic balsamic vinegar. Garnish with the pomegranate gems, and the remaining mint.

## Nutritional Information

Per 100g

Energy	533kJ
Energy	127kcal
Protein	7.8g
Carbs	13g
of which sugars	4.4g
Fibre	1.9g
Fat	2.8g
of which saturated	1.2g
Sodium	83mg

## Allergens

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

Eat  
Within  
4 Days