



U C O O K

— COOKING MADE EASY

SEARED SIRLOIN- POWER BOWL

**with spelt, tahini & homemade-
honey-pecan brittle**

Tap into ancient nutrients with this bountiful bowl of juicy, free-range beef, honey and pecan nut brittle, and tahini atop warm spelt and veggies. First cultivated 8000 years ago, spelt remains in its original, untouched form.

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Samantha Finnegan



Health Nut

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

100ml	Pearled Spelt
10ml	Honey
15g	Pecan Pieces
15ml	Tahini
15ml	White Wine Vinegar
160g	Free-Range Beef Sirloin
2.5ml	NOMU Moroccan Rub
100g	Baby Marrow rinsed & peeled into long ribbons
50g	Peas
20g	Green Leaves rinsed
3g	Fresh Mint rinsed, picked & roughly chopped

From Your Kitchen

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

1. SPELT SUPERGRAIN! Rinse the spelt and place in a pot. Submerge in 300ml of water and bring to the boil. Once boiling, reduce the heat and allow to simmer for 25-30 minutes. Stir occasionally as the water is absorbed, only adding more if required during the cooking process. On completion, the grain should be al dente. Drain if necessary and season to taste. Cover with a lid and set aside to keep warm.

2. PECAN BRITTLE Boil the kettle. Combine the honey with 5ml of oil. If the honey is too hard to mix, pop it in the microwave for 5-10 seconds before combining. Place the pecan pieces in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Pour in the honey and oil mixture and stir for about a minute to coat the pecans. On completion, place in a bowl and set aside while the honey hardens. Roughly chop when cool enough to handle. Rinse and wipe down the pan.

3. TAHINI DRESSING & PLUMP PEAS Combine the tahini with the white wine vinegar to taste. Mix in 1 tbsp of olive oil and 1 tbsp of water to form a drizzling consistency. Season to taste and set aside for serving. Submerge the peas in boiling water for 2 minutes until heated through. Drain on completion.

4. MOROCCAN-SPICED SIRLOIN When the spelt has 5 minutes to go, return the pan to a medium-high heat with a drizzle of oil. Pat the steak dry with some paper towel. When the pan is hot, sear the steak fat-side down for 3-5 minutes until the fat is crispy. Then, cook each side for 2-4 minutes, or until cooked to your preference. (The time this takes will depend on the thickness of the steak.) During the final 1-2 minutes, baste the steak with the Moroccan Rub to taste. Remove from the pan and set aside to rest for 5 minutes before slicing. Lightly season the slices.

5. ASSEMBLE THE SPELT SALAD Toss the cooked spelt together with the baby marrow ribbons, warm peas, and rinsed green leaves. Add three-quarters of the chopped mint and season to taste.

6. DID SOMEONE SAY YUM? Dish up a heap of veg-packed spelt salad. Top with the sliced sirloin and garnish with the crunchy pecan brittle. Drizzle over the tahini dressing and sprinkle with the remaining chopped mint. Dinner is served!



Chef's Tip

Although spelt is a relative of wheat, it's higher in both fiber and protein. With high levels of magnesium, zinc, and iron, it's a formidable ancient grain!

Nutritional Information

Per 100g

Energy	761kj
Energy	182Kcal
Protein	11.5g
Carbs	16g
of which sugars	5.1g
Fibre	3.4g
Fat	6.2g
of which saturated	1.1g
Salt	0.2g

Allergens

Gluten, Sesame, Wheat, Sulphites, Tree Nuts

Cook
within
4 Days