



UCCOOK

Cosy Beef Couscous Bowl

with fresh parsley

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Simple & Save: Serves 3 & 4

Chef: Chloe Hughes

Wine Pairing: Stettyn Wines | Stettyn Family Range Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	505kJ	2442kJ
Energy	121kcal	584kcal
Protein	10.2g	49.4g
Carbs	15g	74g
of which sugars	2.5g	12.3g
Fibre	2.3g	11g
Fat	1.1g	5.4g
of which saturated	0.3g	1.6g
Sodium	131mg	632mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Couscous
450g	600g	Beef Strips
30ml	40ml	Stock & Flour Mix <i>(15ml [20ml] Beef Stock & 15ml [20ml] Cornflour)</i>
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
150g	200g	Corn
8g	10g	Fresh Thyme <i>rinse</i>
30ml	40ml	NOMU Does Everything
150g	200g	Kale <i>rinse & roughly shred</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. COUSCOUS Boil the kettle. Place the couscous in a bowl with 225ml [300ml] 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. BEEF Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). You may need to do this step in batches. Remove from the pan and season.

3. SAUCY MOMENT Mix the stock & flour with 300ml [400ml] of water. Return the pan to medium heat with a knob of butter. Fry the onions and corn until golden, 6-8 minutes. Add the thyme sprigs, NOMU rub, and fry until fragrant, 1-2 minutes. Mix in the diluted stock & flour. Simmer until the sauce thickens, 10-12 minutes. Mix in the beef and kale, cook until the kale is wilted through, 3-4 minutes. Remove from the heat, and discard the thyme sprigs, and season.

4. DINNER IS READY Bowl up the fluffy couscous, top with the loaded beef, and garnish with the parsley.