

UCOOK

Beef Skewers & Pesto

with charred green beans & pumpkin seeds

Spanish-spiced beef skewers are paired perfectly with roasted green beans & pickled bell pepper. Sided with a super fresh tomato, pesto & pumpkin seed salad. Yum!

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Rhea Hsu

 Carb Conscious

 Creation Wines | Creation Merlot

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Ingredients & Prep

40g	Pumpkin Seeds
2	Tomatoes <i>roughly diced</i>
40ml	Pesto Princess Basil Pesto
2	Red Onions <i>peeled & cut into thick wedges</i>
600g	Free-range Beef Rump Strips
40ml	NOMU Spanish Rub
20ml	Dried Chilli Flakes
12	Wooden Skewers
320g	Green Beans <i>rinsed & trimmed</i>
100g	Pickled Bell Peppers <i>drained</i>

From Your Kitchen

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

1. SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan.

2. PESTO Preheat the oven to 200°C. In a bowl, combine the diced tomato, the pesto, the toasted pumpkin seeds, and seasoning.

3. SKEWERS Separate the onion wedges into petals. Pat the beef dry with paper towel. In a bowl, combine the NOMU rub, the chilli flakes (to taste), the beef, the onion petals, a drizzle of oil, and seasoning. Thread 1 beef strip and 1 onion petal on to a skewer. Repeat in the same order, filling up each skewer, until all are full. Coat the skewers in any remaining chilli marinade.

4. ROAST Place the beef skewers on half of a roasting tray. Place any remaining onion petals & strips, the trimmed green beans, and the drained pickled peppers on the other half of the tray. Coat in oil and seasoning. Roast in the hot oven until cooked through, 10-12 minutes (shifting half-way).

5. DIG IN! Plate up the beef skewers and side with the veg. Serve with the pesto tomato salad. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	503kj
Energy	120kcal
Protein	9g
Carbs	6g
of which sugars	3.1g
Fibre	1.7g
Fat	4.1g
of which saturated	1.1g
Sodium	212mg

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts

Cook
within 5
Days