



# UCCOOK

## Mediterranean Beef & Hummus

with herby tomato & sunflower seeds

**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Rhea Hsu

**Wine Pairing:** Waterkloof | Peacock Merlot

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 562kj    | 2365kj      |
| Energy             | 134kcal  | 566kcal     |
| Protein            | 11.7g    | 49.5g       |
| Carbs              | 15g      | 63g         |
| of which sugars    | 1.2g     | 5.1g        |
| Fibre              | 3.1g     | 12.9g       |
| Fat                | 3.1g     | 12.9g       |
| of which saturated | 0.7g     | 2.9g        |
| Sodium             | 120mg    | 504mg       |

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

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |  |
|----------|------------|--|
| 225ml    | 300ml      | Bulgur Wheat                                       |
| 2        | 2          | Tomatoes<br><i>rinse &amp; roughly dice</i>        |
| 30g      | 40g        | Sunflower Seeds                                    |
| 450g     | 600g       | Beef Strips  |
| 15ml     | 20ml       | NOMU Moroccan Rub                                  |
| 150g     | 200g       | Cucumber<br><i>rinse &amp; cut into half-moons</i> |
| 90ml     | 125ml      | Hummus   |

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Butter

Paper Towel

Seasoning (salt & pepper)

**1. COOK THE BULGUR** Boil the kettle. Place the bulgur wheat in a pot with 450ml [600ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, fluff with a fork, and set aside.

**2. DRESSED TOMATOES** In a small bowl, combine the tomato, a drizzle of olive oil, and seasoning. Set aside.

**3. GOLDEN 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.

**4. FRY THE STRIPS** Return the pan to high heat with a drizzle of oil. Pat the beef strips dry with paper towel. Sear the beef until browned, 30-60 seconds (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan and season.

**5. BOWL IT UP** Plate up the bulgur. Serve with the seared strips, the cucumber half-moons, the herby tomato, and the hummus. Garnish with the sunflower seeds. Great work, Chef!