



# UCOOK

## Sizzling Sirloin & Perfect Pumpkin Hummus

with crispy chickpeas & fresh salad leaves

Sizzling spiced sirloin sliced and laid over a bed of dreamy homemade pumpkin and chickpea hummus! Served with a side of tangy pickled veggies.

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**Hands-On Time:** 30 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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♥ Health Nut

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🍷 Niel Joubert | Reserve Shiraz

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## Ingredients & Prep

1kg	Pumpkin Chunks <i>cut into bite-sized pieces</i>
240g	Chickpeas <i>drained &amp; rinsed</i>
10ml	Ground Cumin
60ml	White Wine Vinegar
200g	Cucumber <i>sliced into matchsticks</i>
2	Plum Tomatoes <i>roughly diced</i>
40g	Pumpkin Seeds
640g	Free-range Beef Sirloin
30ml	NOMU Oriental Rub
80g	Salad Leaves <i>rinsed &amp; roughly shredded</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Blender  
Paper Towel  
Butter (optional)

**1. TIME TO ROAST** Preheat the oven to 200°C. Place the pumpkin pieces on a roasting tray, coat in oil and seasoning. Pop in the hot oven and roast for 30-35 minutes, shifting halfway. In a bowl, coat the drained chickpeas with oil, the ground cumin, and some seasoning.

**2. PICKLE THE VEGGIES** Place the white wine vinegar, 5 tbsp of water, and 4 tsp of a sweetener of choice in a bowl. Mix until the sweetener is fully dissolved. Add the cucumber matchsticks and the diced tomatoes. Toss until fully combined and set aside to pickle. Place the pumpkin seeds in a large pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan.

**3. CRISPY CHICKS** When the pumpkin has 15-20 minutes remaining, remove the tray from the oven and scatter over the dressed chickpeas. Roast for the remaining time until the pumpkin is cooked through and the chickpeas are crispy.

**4. SIZZLING SIRLOIN** Return the pan to a medium high heat with a drizzle of oil. Pat the steaks dry with paper towel. When the pan is hot, sear the steaks fat-side down, for 3-5 minutes until crispy. Then, fry for 2-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the steaks). During the final 1-2 minutes, baste with a knob of butter (optional) and the rub. Remove from the pan on completion and allow to rest for 5 minutes before slicing. Lightly season the slices.

**5. FINAL TOUCHES** When the chickpeas and pumpkin are done, place  $\frac{1}{2}$  the pumpkin chunks and  $\frac{3}{4}$  the chickpeas in a blender or food processor. Pulse until smooth, adding a drizzle of water or olive oil if it's too thick for your liking. In the bowl with the pickled veg, add the rinsed salad leaves, seasoning, and a drizzle of olive oil. Toss until fully combined.

**6. LET THEM EAT STEAK!** Smear the homemade hummus, top with the steak slices, and side with the salad and the remaining roasted veg. Done and dusted, Chef!



## Chef's Tip

Draining and rinsing tinned chickpeas before use reduces the amount of sodium you're adding to your meal. It also improves the flavour and texture of the food.

## Nutritional Information

Per 100g

Energy	384kJ
Energy	92Kcal
Protein	7.1g
Carbs	7g
of which sugars	2.2g
Fibre	2g
Fat	1.9g
of which saturated	0.5g
Sodium	59mg

## Allergens

Allium, Sesame, Sulphites

Cook  
within 2  
Days