



UCOOK

Wholesome Beef Salad

with grated carrot, tomatoes & fluffy bulgur wheat

Refreshing, satisfying, and fuss-free. It starts with a bed of fresh green leaves, which is then topped with a loaded beef salad - fluffy bulgur wheat, grated carrot, tangy tomatoes, browned beef strips and a homemade salad dressing - handmade by you, Chef!

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Megan Bure

Simple & Save

Deetlefs Wine Estate | Deetlefs Stonecross
Malbec

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Ingredients & Prep

225ml	Bulgur Wheat
450g	Beef Strips
30ml	NOMU Provençal Rub
45ml	Lemon Juice
240g	Carrot <i>¾ trimmed, peeled & grated</i>
2	Plum Tomato <i>1½ roughly diced</i>
60g	Green Leaves <i>rinse</i>

From Your Kitchen

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

1. BEGIN WITH BULGUR Boil the kettle. Place the bulgur wheat in a pot with 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. JUICY BEEF STRIPS Place a pan over medium-high heat with a drizzle of oil and a knob of butter. Pat the beef strips dry with paper towel and coat in the NOMU rub. When hot, sear the beef until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season. You may need to do this step in batches.

3. BETTER TOGETHER In a salad bowl, add the lemon juice, 60ml of olive oil, and season. Mix to emulsify, add the cooked bulgur, the grated carrot, the diced tomatoes, the beef strips, and toss to combine. Season.

4. TIME TO EAT Make a bed of the rinsed leaves and top with the loaded wholesome beef salad. Easy, Chef!

Nutritional Information

Per 100g

Energy	444kj
Energy	106kcal
Protein	9.7g
Carbs	15g
of which sugars	2.1g
Fibre	3.2g
Fat	1.2g
of which saturated	0.4g
Sodium	64mg

Allergens

Gluten, Wheat, Cow's Milk

Eat
Within
4 Days