



UCOOK

Mediterranean Beef Strips & Hummus

with herby tomato & sunflower seeds

This quick & easy Mediterranean-style hummus bowl really is one for the books! It uses bulgur as a base and is topped with tender pieces of fried beef. We've added creamy hummus, fresh tomato, crunchy cucumber, and a sprinkling of sunflower seeds. A guaranteed winner!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Rhea Hsu

Simple & Save

Laborie Estate | Laborie Merlot

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Ingredients & Prep

150ml	Bulgur Wheat
1	Tomato <i>rinse & roughly dice</i>
5g	Fresh Oregano <i>rinse, pick & roughly chop</i>
20g	Sunflower Seeds
300g	Beef Strips
10ml	NOMU Moroccan Rub
100g	Cucumber <i>rinse & cut into half-moons</i>
60ml	Hummus

From Your Kitchen

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

1. COOK THE BULGUR Boil the kettle. Place the bulgur wheat in a pot with 300ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside.

2. HERBY TOMATOES In a small bowl, combine the diced tomato, ½ the chopped oregano (to taste), 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. When hot, 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 and the remaining oregano. Great work, Chef!

Nutritional Information

Per 100g

Energy	559kJ
Energy	134kcal
Protein	11.7g
Carbs	15g
of which sugars	1.2g
Fibre	3.1g
Fat	3.1g
of which saturated	0.7g
Sodium	119mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Cow's Milk

Eat
Within
4 Days