



UCCOOK

Greek Beef Feasting Platter

with marinated olives, pickled onion & flatbread

Let's feast like the Greek gods! Beef strips are served with flatbread triangles, marinated olives & feta, a pickled onion & tomato salad, fresh oregano, sunflower seeds, and tangy tzatziki. Perfect for grazing guests this summer!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Thea Richter

 Adventurous Foodie

 Domaine Des Dieux | Josephine Pinot Noir
2015

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Ingredients & Prep

40g	Pitted Kalamata Olives <i>drained & halved</i>
60g	Danish-style Feta <i>drained</i>
20ml	NOMU Provençal Rub
60ml	Lemon Juice
1	Onion <i>½ peeled & finely sliced</i>
20g	Sunflower Seeds
300g	Free-range Beef Strips
2	Flatbreads
5g	Fresh Oregano <i>rinsed & picked</i>
1	Plum Tomato <i>rinsed & cut into bite-sized chunks</i>
100ml	Tzatziki
40g	Salad Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. MARINATION STATION In a bowl, combine the halved olives, the drained feta, $\frac{3}{4}$ of the NOMU rub, $\frac{1}{2}$ the lemon juice, 50ml of olive oil, and seasoning. Set aside to marinate.

2. IN A PICKLE In a small bowl, combine the remaining lemon juice, 30ml of water, and 10ml of sweetener. Add the sliced onion and toss until coated. Set aside to pickle.

3. THAT'S A BIT SEEDY 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. BEEF STRIPS Return the pan to medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the remaining NOMU rub. Remove from the pan, reserving any pan juices, and season.

5. FLATBREAD PARTY Place a pan over medium heat. When hot, toast the flatbreads until golden, 1-2 minutes per side. Cut into quarters or triangles.

6. ALMOST THERE! Drain the pickling liquid from the onion. In a bowl, combine the pickled onion, $\frac{1}{2}$ the picked oregano, $\frac{1}{2}$ the toasted sunflower seeds, the tomato chunks, a drizzle of olive oil, and seasoning. In a separate bowl, season the tzatziki.

7. DELISH, CHEF! Let's make the platter! Make a bed of the shredded salad leaves and top with the tomato salad. Side with the marinated olives & feta, the flatbread pieces, the beef strips, and the tzatziki. Sprinkle over the remaining oregano and sunflower seeds. Kali Orexi, Chef!

Nutritional Information

Per 100g

Energy	551kJ
Energy	132kcal
Protein	10.1g
Carbs	12g
of which sugars	2.5g
Fibre	1.6g
Fat	4.4g
of which saturated	2g
Sodium	298mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days