



# UCOOK

## Caramelised Beef Bowl

with roasted carrots & chickpeas

Why complicate things when simple can create a mouthwatering meal? Pops of oven-roasted chickpeas and NOMU BBQ Rub-spiced carrots form the backdrop for browned beef strips, sweet caramelised onions, and dollops of tzatziki.

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**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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Simple & Save

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Deetlefs Wine Estate | Deetlefs Stonecross  
Pinotage

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## Ingredients & Prep

720g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
15ml	NOMU BBQ Rub
450g	Beef Strips
180g	Chickpeas <i>drain &amp; rinse</i>
2	Onions <i>peel &amp; roughly slice</i>
90ml	Tzatziki

## From Your Kitchen

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

**1. CARROTS** Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and ½ of the NOMU rub. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. BEEF STRIPS** Place a pan over high heat with a drizzle of oil and a knob of butter. Pat the beef strips dry with paper towel and coat with the remaining rub. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan. You may need to do this step in batches.

**3. CRISPY CHICKPEAS** In a bowl, combine the drained chickpeas, a drizzle of oil, and seasoning. When the carrots have 15 minutes to go, scatter the chickpeas over, and roast for the remaining time until crispy.

**4. CARAMELISED ONION** Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 12-15 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, mix through the beef strips, season, and cover.

**5. TIME TO EAT** Dish up the roast, top with the caramelised onion & beef. Finish with dollops of the tzatziki. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	319kJ
Energy	76kcal
Protein	7.5g
Carbs	8g
of which sugars	3.3g
Fibre	2.1g
Fat	0.9g
of which saturated	0.3g
Sodium	73mg

## Allergens

Cow's Milk, Allium, Sulphites

Eat  
Within  
4 Days