



UCCOOK

Grilled Beef Rump Shawarma

with cucumber & yoghurt

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Morgan Barnard

Wine Pairing: Groote Post Winery | Groote Post Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	673kj	3701kj
Energy	161kcal	886kcal
Protein	9.6g	53g
Carbs	17g	92g
of which sugars	3.3g	18g
Fibre	2g	11.1g
Fat	4.4g	24.2g
of which saturated	1.3g	7.2g
Sodium	258mg	1419mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Soy

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
160g	320g	Beef Rump
10ml	20ml	Shawarma Spice <i>(2,5ml [5ml] Smoked Paprika, 5ml [10ml] NOMU Moroccan Rub & 2,5ml [5ml] Garlic Powder)</i>
2	4	Rotis
50ml	100ml	Greek Yoghurt
50g	100g	Cucumber <i>rinse & roughly dice</i>
20g	40g	Green Leaves <i>rinse</i>
1	1	Tomato <i>rinse & cut into half-moons</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. BEEF Place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter and the shawarma spice. Remove from the pan and rest for 5 minutes before slicing and seasoning.

2. ROTIS Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

3. SOME PREP In a bowl, combine the yoghurt, the cucumber, and season.

4. DINNER Load the toasted rotis with the green leaves, the tomato, the beef slices, and dollop over the cucumber-yoghurt. Wrap up, Chef!