



# UCCOOK

## Autumn Hummus & Beef Rump Bowl

with caramelised onion, crispy lentils &  
Danish-style feta

NOMU Italian Rub-spiced beef strips are dished up on a creamy hummus base and topped with silky-sweet onions. Sided with crispy lentils, a cucumber & tomato salad, and crumblyings of creamy feta.

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**Hands-on Time:** 45 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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Carb Conscious

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Muratie Wine Estate | Muratie Ronnie Melck-Shiraz

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## Ingredients & Prep

600g	Beef Rump Strips
20ml	NOMU Italian Rub
2	Onions <i>peel &amp; roughly slice</i>
240g	Tinned Lentils <i>drain &amp; rinse</i>
2	Garlic Cloves <i>peel &amp; grate</i>
60ml	Red Wine Vinegar
4	Tomatoes <i>rinse &amp; dice</i>
400g	Cucumber <i>rinse &amp; dice</i>
80g	Salad Leaves <i>rinse &amp; roughly shred</i>
200ml	Hummus
80g	Danish-style Feta <i>drain</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter  
Seasoning (salt & pepper)

**1. BEEF PREP** Pat the beef strips dry with paper towel and mix with the NOMU rub. Set aside.

**2. ONIONS** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 12-15 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

**3. LENTILS** Return the pan, wiped down if necessary, to medium-high heat with a drizzle of oil. When hot, fry the lentils until crispy, 8-10 minutes. In the final 30-60 seconds, add the garlic, remove from the pan, and season.

**4. SOME FRESHNESS** In a bowl, combine the vinegar, and 45ml [60ml] of olive oil. Add the tomatoes, the cucumber, the salad leaves, seasoning, and toss to combine.

**5. BEEF STRIPS** Return the pan to high heat with a drizzle of oil and a knob of butter. When hot, sear the beef until browned, 30-60 seconds (shifting occasionally). You may need to do this step in batches. Remove from the pan and season.

**6. TIME TO EAT** Smear the hummus in a bowl, then top it with the caramelised onions, and the beef strips. Arrange the fresh salad around the edge in a circular pattern, sprinkle over the crispy lentils, and scatter the drained feta over the salad. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	443kJ
Energy	106kcal
Protein	7.8g
Carbs	8g
of which sugars	2.2g
Fibre	2.5g
Fat	3.1g
of which saturated	1.2g
Sodium	121mg

## Allergens

Cow's Milk, Allium, Sesame, Sulphites

Eat  
Within  
3 Days