

# U C O O K

— COOKING MADE EASY

## MEDITERRANEAN STEAK PITA

with ready-made tzatziki, creamy feta & olives

What could be toastier than a warm, whole wheat pita bread? Jam-packed with Cajun-spiced salsa, charred baby marrow, crisp rocket, and juicy slices of free-range beef rump seared in a sticky BBQ basting.

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**Hands-On Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 1 Person

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**Chef:** Alex Levett

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 **Easy Peasy**

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## Ingredients & Prep

150g	Baby Marrow rinsed & cut into bite-size chunks
100g	Baby Tomatoes rinsed & quartered
40g	Pitted Kalamata Olives halved
40g	Danish Feta drained
2.5ml	NOMU Cajun Rub
160g	Free-Range Beef Rump
25ml	BBQ Sauce
1	Whole Wheat Pita
20g	Green Leaves rinsed
50ml	Tzatziki

## From Your Kitchen

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

**1. BEFORE YOU GET GOING** Read the whole recipe. The prep instructions are displayed in the ingredient list, directly under the item they apply to. You can either do all your prep before you start, or as you get to each item in the method.

**2. CHARRED BABY MARROW** Place a large pan over a medium-high heat with a drizzle of oil. When hot, char the baby marrow chunks for 3-4 minutes until cooked through but still lightly crunchy. Remove from the pan on completion and place in a bowl.

**3. MEDITERRANEAN SALAD** Add the quartered baby tomatoes, drained feta, and halved olives to the bowl of charred baby marrow. Toss together with a drizzle of olive oil and the Cajun Rub to taste. Season to taste and set aside for serving.

**4. BBQ STEAK TIME!** Return the pan to a medium-high heat with another drizzle of oil. Pat the steak dry with some paper towel. When the pan is hot, sear the steak fat-side down for 1-2 minutes until the fat is crispy. Then, fry each side for 2-4 minutes, or until cooked to your preference. (The time this takes will depend on the thickness of the steak.) During the final 1-2 minutes, add the BBQ Sauce and use it to baste the steak. On completion, remove from the pan and set aside to rest for 5 minutes before slicing. Lightly season the slices.

**5. TOASTY PITA & LEAVES** Pop the pita in the toaster for 2-3 minutes until lightly golden. Slice it in half to create 2 pita pockets. Be careful of the hot steam when opening! Toss some olive oil through the rinsed green leaves and season to taste.

**6. JUICY STEAK PITA** Spoon some tzatziki into the pita pockets and stuff with the BBQ steak slices and Mediterranean salad. Slide in some green leaves and dollop with any remaining tzatziki. Serve any remaining leaves, Mediterranean salad, and steak slices on the side. Get hands on and stuck in!

## Nutritional Information

Per 100g

Energy	583kj
Energy	139Kcal
Protein	9g
Carbs	10g
of which sugars	2g
Fibre	1g
Fat	5g
of which saturated	2g
Salt	1g

## Allergens

Gluten, Allium, Wheat, Sulphites, Soy,  
Dairy

Cook  
within  
4 Days