



UCCOOK

Beef Rump Strips & Paprika Couscous

with baby tomatoes & sour cream

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Malbec

Nutritional Info

	Per 100g	Per Portion
Energy	661kJ	2793kJ
Energy	158kcal	668kcal
Protein	10.8g	45.7g
Carbs	13g	55g
of which sugars	2.1g	8.7g
Fibre	2.5g	10.7g
Fat	4.1g	17.4g
of which saturated	1.6g	6.6g
Sodium	27mg	115mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

150ml	200ml	Couscous
150g	200g	Peas
150g	200g	Corn
22.5ml	30ml	Smoked Paprika
2	2	Garlic Cloves <i>peel & grate</i>
450g	600g	Beef Rump Strips
240g	320g	Baby Tomatoes <i>rinse & cut in half</i>
90ml	125ml	Sour Cream
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. COUSCOUS Boil the kettle. Place the couscous and peas in a bowl with 225ml [300ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-5 minutes (shifting occasionally). In the final 1-2 minutes, add a generous knob of butter, paprika, and garlic, and fry until fragrant. Remove from the pan and set aside.

3. BEEF Return the pan, wiped down if necessary, to high heat with a drizzle of oil and a knob of butter. Pat the beef strips dry with paper towel and season. Fry the beef strips until browned, 20-30 seconds (shifting occasionally). Remove from the pan and reserve any pan juices.

4. TIME TO EAT Combine the couscous with the corn mixture, baby tomatoes, and seasoning. Bowl up the paprika couscous, top with the beef and all the pan juices. Dollop over the sour cream and garnish with the coriander. Enjoy, Chef!