



# UCCOOK

## Greek Beef Feasting Platter

with marinated olives, pickled onion & flatbread

Let's feast like the Greek gods! Beef strips are served with flatbread triangles, marinated olives & feta, a pickled onion & tomato salad, fresh oregano, sunflower seeds, and tangy tzatziki. Perfect for grazing guests this summer!

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Thea Richter

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 Adventurous Foodie

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 Domaine Des Dieux | Josephine Pinot Noir  
2015

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## Ingredients & Prep

|      |                                                                 |
|------|-----------------------------------------------------------------|
| 20g  | Pitted Kalamata Olives<br><i>drained &amp; halved</i>           |
| 30g  | Danish-style Feta<br><i>drained</i>                             |
| 10ml | NOMU Provençal Rub                                              |
| 30ml | Lemon Juice                                                     |
| 1    | Onion<br><i>¼ peeled &amp; finely sliced</i>                    |
| 10g  | Sunflower Seeds                                                 |
| 150g | Free-range Beef Strips                                          |
| 1    | Flatbread                                                       |
| 3g   | Fresh Oregano<br><i>rinsed &amp; picked</i>                     |
| 1    | Plum Tomato<br><i>½ rinsed &amp; cut into bite-sized chunks</i> |
| 50ml | Tzatziki                                                        |
| 20g  | Salad Leaves<br><i>rinsed &amp; roughly shredded</i>            |

## From Your Kitchen

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

**1. MARINATION STATION** In a bowl, combine the halved olives, the drained feta,  $\frac{3}{4}$  of the NOMU rub,  $\frac{1}{2}$  the lemon juice, 25ml of olive oil, and seasoning. Set aside to marinate.

**2. IN A PICKLE** In a small bowl, combine the remaining lemon juice, 15ml of water, and 5ml of sweetener. Add the sliced onion and toss until coated. Set aside to pickle.

**3. THAT'S A BIT SEEDY** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**4. BEEF STRIPS** Return the pan to medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the remaining NOMU rub. Remove from the pan, reserving any pan juices, and season.

**5. FLATBREAD PARTY** Place a pan over medium heat. When hot, toast the flatbread until golden, 1-2 minutes per side. Cut into quarters or triangles.

**6. ALMOST THERE!** Drain the pickling liquid from the onion. In a bowl, combine the pickled onion,  $\frac{1}{2}$  the picked oregano,  $\frac{1}{2}$  the toasted sunflower seeds, the tomato chunks, a drizzle of olive oil, and seasoning. In a separate bowl, season the tzatziki.

**7. DELISH, CHEF!** Let's make the platter! Make a bed of the shredded salad leaves and top with the tomato salad. Side with the marinated olives & feta, the flatbread pieces, the beef strips, and the tzatziki. Sprinkle over the remaining oregano and sunflower seeds. Kali Orexi, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 551kJ   |
| Energy             | 132kcal |
| Protein            | 10.1g   |
| Carbs              | 12g     |
| of which sugars    | 2.5g    |
| Fibre              | 1.6g    |
| Fat                | 4.4g    |
| of which saturated | 2g      |
| Sodium             | 298mg   |

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within  
4 Days