

Eat Within 4 Days

UCOOK

Caramelised Beef Bowl

with roasted carrots & chickpeas

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	320kJ	2055kJ
Energy	76kcal	492kcal
Protein	7.5g	47.9g
Carbs	9g	58g
of which sugars	3.5g	22.8g
Fibre	2.4g	15.3g
Fat	1g	6.6g
of which saturated	0.3g	1.7g
Sodium	152mg	794mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	Carrot *rinse, trim, peel & cut into bite-sized pieces*
60ml	80ml	NOMU Spice Mix *(45ml [60ml] NOMU Rub & 15ml [20ml] Paprika)*
180g	240g	Chickpeas *drain & rinse*
2	2	Onions *peel & roughly slice*
450g	600g	Beef Strips
90ml	125ml	Tzatziki

From Your Kitchen

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

1. CARROTS Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and ½ of the NOMU spice mix. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. BEEF STRIPS Place a pan over high heat with a drizzle of oil and a knob of butter. Pat the beef dry with paper towel and coat with the remaining NOMU spice mix. When hot, sear the beef in batches until browned, 20-30 seconds (shifting occasionally). Remove from the pan.

3. CRISPY CHICKPEAS In a bowl, combine the chickpeas, a drizzle of oil, and seasoning. When the carrots have 15 minutes to go, scatter the chickpeas over, and roast for the remaining time until crispy.

4. CARAMELISED ONION Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). Fry the onion until caramelised, 12-15 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, mix through the beef strips, season, and cover.

5. TIME TO EAT Dish up the roast, top with the caramelised onion and beef. Finish with dollops of the tzatziki. Enjoy, Chef!