



# UCCOOK

## Loaded Beef Shawarma Plate

**with charred baby marrow, roasted beetroot, gherkins & tzatziki**

Go on a flavour journey to the Middle East with this incredible shawarma plate, no passport required! This plate is packed with juicy spiced beef strips, roasted beetroot, pickled cabbage, a tomato, onion & gherkin salsa, and creamy tzatziki!

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Ella Nasser

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 Carb Conscious

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 Waterford Estate | Waterford Cabernet Sauvignon

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## Ingredients & Prep

|      |                                                                                        |
|------|----------------------------------------------------------------------------------------|
| 200g | Beetroot<br><i>rinsed, trimmed, peeled (optional) &amp; cut into bite-sized chunks</i> |
| 100g | Cabbage<br><i>thinly sliced</i>                                                        |
| 15ml | White Wine Vinegar                                                                     |
| 1    | Red Onion<br><i>½ peeled &amp; finely diced</i>                                        |
| 1    | Tomato<br><i>½ roughly diced</i>                                                       |
| 25g  | Gherkins<br><i>drained &amp; roughly diced</i>                                         |
| 30ml | Tzatziki                                                                               |
| 100g | Baby Marrow<br><i>rinsed, trimmed &amp; cut into thick rounds</i>                      |
| 150g | Free-range Beef Strips                                                                 |
| 5ml  | NOMU Moroccan Rub                                                                      |
| 4g   | Fresh Mint<br><i>rinsed &amp; picked</i>                                               |

## From Your Kitchen

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

**1. CAN'T BEET THIS RECIPE!** Preheat the oven to 200°C. Place the beetroot chunks on a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through and crispy, shifting halfway.

**2. PREP STEP** In a bowl, combine the sliced cabbage, the vinegar, seasoning, and a sweetener of choice (to taste). Set aside to pickle. In a separate bowl, combine the diced onion, diced tomato, and diced gherkin with a drizzle of oil and seasoning. Set aside. In a small bowl, loosen the tzatziki with a splash of water.

**3. CHARRED TO PERFECTION** When the beetroot has 15 minutes remaining, place a pan over a high heat with a drizzle of oil. When hot, add the baby marrow rounds and fry for 3-4 minutes until charred, shifting occasionally. Remove from the pan and season. Cover and set aside for serving.

**4. SIZZLING SHAWARMA** Return the pan to a medium-high heat with a drizzle of oil. When hot, add the beef strips and ¾ of the rub and fry for 1-2 minutes per side until browned. Remove from the pan on completion.

**5. A TRIP TO THE MIDDLE EAST** Plate up the beef shawarma, the charred baby marrow, the roasted beetroot, the pickled cabbage, and the tomato, onion & gherkin salsa. Side with the tzatziki. Sprinkle over the picked mint and the remaining rub. Dive in, Chef!



## Chef's Tip

If you have an air fryer, why not use it to cook the beetroot? Coat in oil, season, and pop in the air fryer at 200°C. Cook for 20-30 minutes or until cooked through and crispy.

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 219kj  |
| Energy             | 52kcal |
| Protein            | 5.9g   |
| Carbs              | 4g     |
| of which sugars    | 2.1g   |
| Fibre              | 1.5g   |
| Fat                | 0.6g   |
| of which saturated | 0.2g   |
| Sodium             | 91mg   |

## Allergens

Dairy, Allium, Sulphites

Cook  
within  
4 Days