



# UCOOK

## Harissa Hummus & Beef Rump

with cabbage, chickpeas & fluffy bulgur

Tired of the go-to recipes in your kitchen, Chef? Then let's spice things up with a plate that will invigorate your love for cooking. Fluffy bulgur dotted with nutty chickpeas & golden cabbage form the delicious foundation to display seared steak slices. The harissa hummus drizzle will leave clean plates all around the table.

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**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Quick & Easy

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## Ingredients & Prep

75ml	Bulgur Wheat
60g	Chickpeas <i>drain &amp; rinse</i>
100g	Cabbage <i>cut into big bite-sized chunks</i>
15ml	NOMU Moroccan Rub
160g	Free-range Beef Rump
50ml	Harissa Hummus <i>(20ml Pesto Princess Harissa Paste &amp; 30ml Hummus)</i>
10g	Pumpkin & Sunflower Seed Mix

## From Your Kitchen

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

**1. BEGIN WITH BULGUR** Boil the kettle. Place the bulgur wheat in a pot with 150ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside.

**2. CHICKPEAS & CABBAGE** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the rinsed chickpeas and the cabbage chunks until lightly golden, 5-6 minutes. Add the NOMU rub and fry until fragrant, 1-2 minutes. Remove from the pan. Add to the cooked bulgur and season.

**3. SEARED STEAK** Return the pan, wiped down, to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**4. TIME TO EAT** Make a bed of the loaded bulgur and top with the steak slices. Drizzle the harissa hummus over the steak and sprinkle over the seed mix. Good job, Chef!



## Chef's Tip

Place the pumpkin & sunflower seed mix in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

## Nutritional Information

Per 100g

Energy	796kJ
Energy	190kcal
Protein	11.9g
Carbs	18g
of which sugars	2.3g
Fibre	4.4g
Fat	5.2g
of which saturated	1.2g
Sodium	270mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Cow's Milk

Eat  
Within  
4 Days