



UCOOK

Moroccan Beef Sirloin & Roast Carrots

with fresh parsley & cucumber

Today's dinner will take you on a taste journey! Juicy beef slices, a salad of sweet dried dates, nutty almonds, refreshing cucumber & lemon juice, sided with a roast veg medley.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

 Carb Conscious

 Stellenzicht | Tristone Cabernet Sauvignon

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Ingredients & Prep

720g	Carrot <i>rinsed, trimmed & cut into wedges</i>
2	Onions <i>1½ peeled & cut into wedges</i>
30g	Almonds <i>roughly chopped</i>
15ml	Cumin Seeds
480g	Free-range Beef Sirloin
30ml	NOMU Moroccan Rub
30ml	Lemon Juice
60g	Green Leaves <i>rinsed</i>
45g	Pitted Dates <i>roughly chopped</i>
60g	Piquanté Peppers <i>drained & roughly chopped</i>
150g	Cucumber <i>cut into chunks</i>
8g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. ROAST VEG Preheat the oven to 200°C. Spread out the carrot wedges, and the onion wedges on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until cooked through and crisping up, 30-35 minutes (shifting halfway).

2. TOASTED ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CUMIN SEEDS When the roast has 10 minutes remaining, toss the cumin seeds through the veg and return to the oven for the remaining time.

4. SEARED RUMP Return the pan 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 (optional) and the NOMU rub. Remove from the pan, reserving the pan juices, and rest for 5 minutes before slicing and seasoning.

5. NUTTY SALAD In a bowl, combine the lemon juice, a drizzle of olive oil, a sweetener, seasoning, the rinsed green leaves, the chopped dates, ½ the toasted almonds, the chopped peppers and the cucumber chunks.

6. ARABIAN NIGHT Plate up the beef slices drizzled with any reserved pan juices. Side with the dressed salad and the roasted veg. Garnish with the chopped parsley and the remaining almonds. There you have it, Chef!

Nutritional Information

Per 100g

Energy	452kj
Energy	108kcal
Protein	7.4g
Carbs	10g
of which sugars	5.5g
Fibre	2.2g
Fat	2.5g
of which saturated	0.6g
Sodium	117mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within
4 Days