



UCCOOK

Greek Potato Salad & Beef

with a creamy mustard base

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	361kJ	2664.6kJ
Energy	86.3kcal	637.3kcal
Protein	7.3g	53.7g
Carbs	7.8g	57.3g
of which sugars	1.6g	12g
Fibre	1.5g	10.8g
Fat	2.7g	19.7g
of which saturated	1g	7.3g
Sodium	132.3mg	976.3mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites, Tree Nuts

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

600g	800g	Baby Potatoes <i>rinse & cut into half</i>
60g	80g	Artichoke Quarters <i>drain & roughly chop</i>
45g	60g	Capers <i>drain & roughly chop</i>
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into bite-sized pieces</i>
450g	600g	Beef Strips
30ml	40ml	NOMU One For All Rub
100g	100g	Ricotta Cheese
75ml	100ml	Greek Yoghurt
15ml	20ml	Dijon Mustard
30g	40g	Almonds <i>roughly chop</i>
15g	20g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

1. GO FOR GREEK Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain, season, and toss through the artichokes, capers, pepper, and a drizzle of olive oil.

2. NOMU-SPICED BEEF Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, add the beef strips to the pan along with a knob of butter and the NOMU rub. Cook until browned, 20-30 seconds (shifting occasionally). Remove from the pan, reserving any pan juices, and season.

3. CREAMY MUSTARD MIX In a bowl, combine $\frac{3}{4}$ [all] the ricotta, yoghurt, mustard, and seasoning. Loosen with a splash of water.

4. GORGEOUS PLATE OF FOOD Plate up the Greek potato salad and the seared beef. Drizzle over the creamy mustard mix, and scatter over the nuts and crispy onion.

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