

# UgCOOK

## Green Bean, Artichoke & Beef Salad

with a radish & cannellini beans salad

**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

**Calorie Conscious:** Serves 3 & 4

**Chef:** Hellen Mwanza

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 348kJ    | 1701kJ      |
| Energy             | 83kcal   | 407kcal     |
| Protein            | 8.6g     | 41.8g       |
| Carbs              | 7g       | 35g         |
| of which sugars    | 3g       | 15g         |
| Fibre              | 2g       | 9g          |
| Fat                | 4.8g     | 23.2g       |
| of which saturated | 0.6g     | 2.7g        |
| Sodium             | 144mg    | 701mg       |

**Allergens:** Sulphites, Allium

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                         |
|----------|------------|---------------------------------------------------------|
| 120g     | 160g       | Artichoke Quarters<br><i>drain</i>                      |
| 2        | 2          | Onions<br><i>peel &amp; cut 1½ [2] into thin wedges</i> |
| 240g     | 320g       | Green Beans<br><i>rinse &amp; slice into thirds</i>     |
| 180g     | 240g       | Cannellini Beans<br><i>drain &amp; rinse</i>            |
| 450g     | 600g       | Beef Strips                                             |
| 15ml     | 20ml       | NOMU BBQ Rub                                            |
| 60g      | 80g        | Radish<br><i>rinse &amp; slice into thin rounds</i>     |
| 60g      | 80g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>        |
| 3 units  | 4 units    | UCOOK Honey Mustard Dressing                            |

## From Your Kitchen

Cooking Spray (or oil of your choice)  
Seasoning (salt & pepper)  
Water  
Paper Towel

**1. OKE-DOKE ARTICHOKE** Place a pan over medium-high heat. When hot, add the artichoke and lightly coat with cooking spray or oil (optional). Fry until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

**2. VEGGIE & BEAN MEDLEY** Return the pan to medium heat. When hot, add the onion, green beans, and cannellini beans and lightly coat in cooking spray or a drizzle of oil. Fry until lightly charred, 8-10 minutes (shifting occasionally). Remove from the pan and add to the artichokes.

**3. NOMU-SPICED BEEF** Return the pan to high heat. Pat the beef dry with paper towel and lightly coat with cooking spray or a drizzle of oil, then toss with the NOMU rub. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). You may need to do this step in batches. Remove from the pan and season.

**4. ADD THE CRISPINESS** Add the radish and salad leaves to the bowl with the beans, toss to combine, and season.

**5. TA-DA!** Make a bed of the salad, top with the beef strips, and drizzle over the mustard dressing. Well done, Chef!