



UCCOOK

Balsamic Beef & Beetroot Winter Salad

with cannellini beans & kale

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Creation Wines | Creation Pinot Noir

Nutritional Info

	Per 100g	Per Portion
Energy	576kJ	2589kJ
Energy	138kcal	619kcal
Protein	9.6g	43.3g
Carbs	8g	37g
of which sugars	1.6g	7.3g
Fibre	3.1g	13.8g
Fat	5.2g	23.2g
of which saturated	1g	4.6g
Sodium	152mg	681mg

Allergens: Allium, Sulphites, Tree Nuts

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Beef Rump Strips
20ml	40ml	Balsamic Vinegar
10g	20g	Walnuts <i>roughly chop</i>
50g	100g	Kale <i>rinse & roughly shred</i>
100g	200g	Beetroot Chunks
5ml	10ml	NOMU One For All Rub
20g	40g	Green Leaves <i>rinse</i>
60g	120g	Cannellini Beans <i>drain & rinse</i>
40ml	80ml	Avocado Hummus

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey

1. BALSAMIC BEEF & WALNUTS Preheat the oven to 220°C. Pat the beef strips dry with paper towel. Place them in a bowl with a crack of black pepper, the balsamic vinegar and a sweetener (to taste). Cover and set aside. Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. ON TO THE KALE Place the kale in a bowl with a drizzle of olive oil and seasoning. Using your hands, massage until softened and coated.

3. UNBEETABLE Spread the beetroot on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway). When the beetroot has 10 minutes remaining, give the tray a shift and scatter over the dressed kale. Roast for the remaining time.

4. BROWN THE BEEF STRIPS When the veg has 5 minutes remaining, return the pan to high heat with a drizzle of oil. Remove the beef strips from the balsamic marinade, reserving the liquid, and sear until browned, 20-30 seconds (shifting occasionally). Remove the pan from the heat and add the balsamic marinade, letting it deglaze in the hot pan.

5. SENSATIONAL SALAD In a salad bowl, toss together the crispy kale and green leaves. Top them with the beetroot, the cannellini beans and the balsamic beef strips (and any remaining pan juices). Sprinkle over the walnuts. Finish it off with a dollop of hummus. Yum Chef, let's dig in!