



UCCOOK

Lentil & Beef Strips Bowl

with roasted cabbage

Hands-on Time: 40 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	341kj	2064kj
Energy	81kcal	494kcal
Protein	8.4g	50.9g
Carbs	9g	54g
of which sugars	3g	18g
Fibre	3g	18g
Fat	0.9g	5.4g
of which saturated	0.3g	1.8g
Sodium	93.1mg	564.2mg

Allergens: Allium, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
180g	240g	Tinned Lentils <i>drain & rinse</i>
300g	400g	Cabbage <i>rinse & chop into bite-sized chunks</i>
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
30ml	40ml	NOMU BBQ Rub
450g	600g	Beef Strips
300g	400g	Cucumber <i>rinse & cut into half-moons</i>
60g	80g	Green Leaves <i>rinse</i>
60ml	80ml	Balsamic Vinegar

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. ONE TRAY SERVES 3-4

2. **MMMEAT** Preheat the oven to 200°C. Spread the lentils, the cabbage, the onions, and the onion on a roasting tray. Lightly coat in cooking spray, the NOMU rub, and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway).

3. **ALL TOGETHER** Place a pan over high heat and lightly add cooking spray. Pat the beef strips dry with paper towel. 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. **DINNER IS READY** In a bowl, combine the cucumber, the green leaves, the balsamic vinegar, and seasoning. Mix in the roast, the beef strips, and toss to combine.