



UCOOK

Pea & Bell Pepper Beef Crunch

with roasted sweet potato

Different tastes and textures bring variety to a plate, but have you ever considered how temperate comes into play? We show you how to apply this handy culinary trick with a loaded salad, featuring warm oven-roasted sweet potato, sharp radish, plump peas, bell pepper & crips greens coated in a homemade dijon dressing. Served with browned beef strips.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

*New Calorie Conscious

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Ingredients & Prep

600g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
15ml	NOMU Spanish Rub
90g	Peas
120g	Salad Leaves <i>rinse & roughly shred</i>
60g	Radish <i>rinse & slice into thin rounds</i>
2	Bell Peppers <i>rinse, deseed & cut 1½ into strips</i>
150ml	Salad Dressing <i>(105ml [140ml])#7DA0D7 Apple Cider Vinegar, 30ml [40ml]#7DA0D7 Dijon Mustard & 15ml [20ml]#7DA0D7 Olive Oil)</i>
450g	Beef Strips

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. SWEET ON SWEET POTATOES Boil the kettle. Preheat the oven to 200°C. Spread the sweet potato pieces on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. PLUMP PEAS Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

3. RADISH & PEPPER SALAD To a salad bowl, add the salad leaves, the radish and the pepper strips. Add the peas. Season and drizzle with the salad dressing. Toss until combined and set aside.

4. BROWN THE BEEF STRIPS Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season. You may need to do this step in batches.

5. ALMOST THERE When the potato is done, toss through the dressed salad.

6. TIME TO NOSH Plate up the loaded sweet potato & bell pepper salad and top with the browned beef.

Nutritional Information

Per 100g

Energy	331kJ
Energy	79kcal
Protein	6.9g
Carbs	8g
of which sugars	3g
Fibre	2g
Fat	1.7g
of which saturated	0.3g
Sodium	97.5mg

Allergens

Allium, Sulphites

Eat
Within
3 Days