



# QCOOK

## Greek Potato Salad & Beef

with a creamy mustard base

**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**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:

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Serves 1	[Serves 2]	
200g	400g	Baby Potatoes <i>rinse &amp; cut into half</i>
20g	40g	Artichoke Quarters <i>drain &amp; roughly chop</i>
15g	30g	Capers <i>drain &amp; roughly chop</i>
1	1	Bell Pepper <i>rinse, deseed &amp; cut ½ [1] into bite-sized pieces</i>
150g	300g	Beef Strips
10ml	20ml	NOMU One For All Rub
50g	50g	Ricotta Cheese
25ml	50ml	Greek Yoghurt
5ml	10ml	Dijon Mustard
10g	20g	Almonds <i>roughly chop</i>
5g	10g	Crispy Onion Bits

## From Your Kitchen

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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, 15-20 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 ½ [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.