

QCOOK

Pea & Bell Pepper Beef Crunch

with roasted carrot

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Calorie Conscious: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	264kj	1817kj
Energy	63kcal	435kcal
Protein	6.2g	42.4g
Carbs	6g	42g
of which sugars	3g	19g
Fibre	2g	13g
Fat	1.5g	10.6g
of which saturated	0.3g	2.2g
Sodium	79mg	544mg

Allergens: Sulphites, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces along the diagonal</i>
15ml	20ml	NOMU Spanish Rub
90g	120g	Peas
120g	160g	Salad Leaves <i>rinse & roughly shred</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into strips</i>
150ml	200ml	Salad Dressing <i>(105ml [140ml] Apple Cider Vinegar, 30ml [40ml] Dijon Mustard & 15ml [20ml] Olive Oil Blend)</i>
450g	600g	Beef Strips

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. ROAST CARROT Preheat the oven to 200°C. Spread the carrot on a roasting tray. Lightly coat with cooking spray, NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

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

3. CUCUMBER & PEPPER SALAD To a salad bowl, add the salad leaves, cucumber, pepper and the peas. Season and drizzle over the salad dressing. Toss until combined and set aside.

4. BROWN THE BEEF STRIPS Place a pan over high heat. Pat the beef strips dry with paper towel, lightly coat with cooking spray and season. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan.

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

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