

# UCCOOK

## Spicy Broccoli & Beef Strips

with a fresh radish & cucumber salad

Chilli-laced, charred broccoli is served with a refreshing salad made from radish rounds, greens & cucumber, tossed with lemon juice & olive oil. These sides share a plate with butter-basted, NOMU rub-spiced, juicy beef strips. Can I get a 'yum', Chef?

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People


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**Chef:** Megan Bure

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 Carb Conscious

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 Creation Wines | Creation  
Viognier/Roussanne

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## Ingredients & Prep

400g	Broccoli Florets <i>rinsed &amp; cut into bite-sized pieces</i>
1	Fresh Chilli <i>rinsed, trimmed, deseeded &amp; finely sliced</i>
40g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
40g	Radish <i>rinsed &amp; sliced into thin rounds</i>
100g	Cucumber <i>rinsed &amp; roughly diced</i>
20ml	Lemon Juice
300g	Free-range Beef Rump Strips
15ml	NOMU One For All Rub

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. CHARRED BROCC** Place a pan (with a lid) over medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the broccoli pieces until lightly charred, 5-6 minutes. Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Toss through the sliced chilli (to taste). Remove from the pan and season.

**2. ZESTY SALAD** Place the rinsed leaves in a bowl. Toss with the radish rounds, the diced cucumber, the lemon juice, a drizzle of olive oil, and seasoning. Set aside.

**3. BUTTER-BASTED STEAK** Return the pan to medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices, and season.

**4. A MOUTHWATERING MEAL** Plate up the beef strips and drizzle over the pan juices. Serve the roasted broccoli and the fresh salad on the side.



## Chef's Tip

Air fryer method: Coat the broccoli pieces in oil and season. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway). Toss through the sliced chilli (to taste).

## Nutritional Information

Per 100g

Energy	387kJ
Energy	92kcal
Protein	9.1g
Carbs	4g
of which sugars	1.1g
Fibre	1.8g
Fat	2.3g
of which saturated	0.8g
Sodium	80mg

## Allergens

Dairy, Allium

Cook  
within 3  
Days