



UCOOK

Mexican Beef Strips & Charred Veg

with spicy chipotle yoghurt & avo hummus

Earthy roasted beetroot, charred corn, meaty black beans, sweet peppers, and browned beef strips are tossed together, then drizzled with zesty lime and a spicy yoghurt with pops of chipotle chillies, and dollops of avo hummus.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Carb Conscious

Stettyn Wines | Stettyn Family Range Pinotage

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Ingredients & Prep

40g	Kale <i>rinse & roughly shred</i>
200g	Beetroot <i>rinse, trim, peel (optional) & cut into small bite-sized pieces</i>
150g	Free-range Beef Rump Strips
50g	Corn
5ml	Old Stone Mill Mexican Spice
60g	Black Beans <i>drain & rinse</i>
50ml	Low Fat Plain Yoghurt
5g	Chipotle Chillies In Adobo <i>finely chop</i>
20g	Piquanté Peppers <i>drain</i>
5ml	Lime Juice
40ml	Avocado Hummus

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter
Sugar/Sweetener/Honey

1. ROAST Preheat the oven to 200°C. Place the shredded kale in a bowl with a drizzle of olive oil and seasoning. Using your hands, massage until softened and coated. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. FRY THE STRIPS When the roast has 10-15 minutes remaining, place a pan over medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter. Remove from the pan and season.

3. FRY THE CORN & BEANS Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the corn until lightly charred, 4-5 minutes (shifting occasionally). In the final 2-3 minutes, add the Mexican spice mix and the rinsed beans. Mix until warmed through. Remove from the heat and season.

4. SPICY YOGHURT When the beetroot has 10 minutes remaining, give the tray a shift and scatter over the dressed kale. Roast for the remaining time. In a small bowl, combine the yoghurt and the chopped chipotle (to taste). Add a splash of water until drizzling consistency, a sweetener (to taste), and seasoning.

5. JUST BEFORE SERVING Toss together the roasted beetroot & kale, the corn & beans, the chopped peppers, the beef strips, the lime juice, and seasoning. In a small bowl, season the avo hummus.

6. SPICY DINNER Bowl up the loaded beef strips, drizzle over the spicy yoghurt, cover with dollops of avo hummus, and that's it, Chef. Enjoy!



Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	437kJ
Energy	105kcal
Protein	7.6g
Carbs	8g
of which sugars	1.8g
Fibre	2.2g
Fat	2.8g
of which saturated	0.7g
Sodium	149mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
4 Days