UCOOK

Sweet Potato & Spanish Beef

with radish & cucumber

Hands-on Time: 45 minutes

Overall Time: 60 minutes

*New Calorie Conscious: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	363kJ	2045kJ
Energy	87kcal	488kcal
Protein	7.4g	42g
Carbs	9g	50g
of which sugars	4g	20g
Fibre	2g	9g
Fat	1.9g	10.7g
of which saturated	0.4g	2.1g
Sodium	115.6mg	651.3mg

Allergens: Allium, Sulphites

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Sweet Potato Chunks *cut into bite-sized pieces*
15ml	20ml	NOMU Spanish Rub
90g	120g	Peas
120g	160g	Salad Leaves *rinse & roughly shred*
60g	80g	Radish *rinse & slice into thin rounds*
150g	200g	Cucumber *rinse & slice into thin rounds*
60g	80g	Piquanté Peppers *drain*
150ml	200ml	Salad Dressing *(105ml [140ml] Apple Cider Vinegar, 30ml [40ml] Dijon Mustard & 15ml [20ml] Olive Oil)*
450g	600g	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 on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 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, the cucumber, and the peppers. Add 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 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 & fresh salad and top with the browned beef.