



# UCOOK

## Beef & Creamy Beet Bowl

with a fresh salad & roasted almonds

An unbeatable recipe in both ease of preparation and effects on your palate, Chef! Creamy mustard-coated beets are served with buttery seared steak, spiced with NOMU One For All Rub. For some freshness, enjoy this meal with a salad of toasted almonds, crunchy greens & cucumber rounds.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Jenna Peoples

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Carb Conscious

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Waterford Estate | Waterford Pecan Stream  
Sauvignon Blanc

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## Ingredients & Prep

600g	Beetroot <i>trim, peel (optional) &amp; cut into bite-sized pieces</i>
480g	Beef Rump
30g	Almonds <i>roughly chop</i>
15ml	NOMU One For All Rub
150ml	Creamy Mustard <i>(135ml Mayo &amp; 15ml Dijon Mustard)</i>
2	Spring Onions <i>rinse, trim &amp; finely slice</i>
30ml	Lemon Juice
60g	Green Leaves <i>rinse &amp; roughly shred</i>
150g	Cucumber <i>rinse &amp; cut into rounds</i>

## From Your Kitchen

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

**1. BEGIN THE BEETS** Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

**2. ALL THE ALMONDS** Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. SIZZLING STEAK** When the beetroot has 5-10 minutes remaining, place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**4. MUSTARD DRESSING** Once the beetroot has finished roasting, remove from the oven and transfer into a bowl. While they are still warm, mix in the creamy mustard, ½ the spring onion and some lemon juice (to taste). Season and set aside.

**5. NUTTY SALAD** In a bowl, mix together the shredded salad leaves, the sliced cucumber, the toasted almonds, olive oil, a sweetener (to taste), and the lemon juice (to taste). Season.

**6. SO SATISFYING** Make a bed of salad leaves. Side with the creamy beets and steak slices. Garnish with the remaining spring onion. Yum, Chef!



## 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	597kJ
Energy	143kcal
Protein	8g
Carbs	5g
of which sugars	1.9g
Fibre	1.6g
Fat	7.8g
of which saturated	1.1g
Sodium	136mg

## Allergens

Cow's Milk, Allium, Sulphites, Tree Nuts

Eat  
Within  
3 Days