

UCCOOK

Chunky Beef & Bean Relish

with roasted pumpkin

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Carb Conscious: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Waterkloof | Beeskamp Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	293kJ	2056kJ
Energy	70kcal	492kcal
Protein	6.8g	47.5g
Carbs	7g	50g
of which sugars	2.3g	16.3g
Fibre	2.2g	15.7g
Fat	1.1g	8.1g
of which saturated	0.3g	2.1g
Sodium	93mg	651mg

Allergens: Gluten, Allium, Wheat

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
30g	40g	Pumpkin Seeds
150g	200g	Kale <i>rinse & roughly shred</i>
450g	600g	Beef Strips
2	2	Onions <i>peel & roughly slice</i>
45ml	60ml	Curry Powder <i>(15ml [20ml] Medium Curry Powder & 30ml [40ml] NOMU Indian Rub)</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
3	4	Tomatoes <i>rinse & roughly dice</i>
180g	240g	Cannellini Beans <i>drain & rinse</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. ROAST Preheat the oven to 200°C. Spread the pumpkin on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. TOAST Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. KALE Place the kale on a second roasting tray with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. When the pumpkin has 8-10 minutes remaining, give the tray a shift and return to the oven. Pop in the tray of dressed kale and roast for the remaining time.

4. BEEF Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, add the beef strips to the pan along with a knob of butter. Cook until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season.

5. RELISH Return the pan to medium heat with a drizzle of oil if necessary. Fry the onions until lightly golden, 6-8 minutes (stirring occasionally). Add the curry powder and the ginger and fry until fragrant, 1-2 minutes. Add the tomatoes, breaking them with a spoon to create some sauce, and cook until fragrant, 3-4 minutes, (shifting occasionally). Mix in 150ml [200ml] of water. Simmer until thickened and reduced, 10-12 minutes. In the final 3-4 minutes, mix in beans and the beef. Remove from the heat, add a sweetener (to taste), and season.

6. DINNER IS READY Make a bed of the roast, top with the loaded relish, sprinkle over the pumpkin seeds, and garnish with the parsley. Enjoy, Chef!