

UCOOK

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?

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

Carb Conscious

 Creation Wines | Creation
Viognier/Roussanne

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Ingredients & Prep

200g	Broccoli Florets <i>rinsed & cut into bite-sized pieces</i>
1	Fresh Chilli <i>rinsed, trimmed, deseeded & finely sliced</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>
20g	Radish <i>rinsed & sliced into thin rounds</i>
50g	Cucumber <i>rinsed & roughly diced</i>
10ml	Lemon Juice
150g	Free-range Beef Rump Strips
7,5ml	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