

# QCOOK

## Curried Beef Grain Salad

with buckwheat & dates

**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

**Calorie Conscious:** Serves 1 & 2

**Chef:** Megan Bure

### Nutritional Info

	Per 100g	Per Portion
Energy	364kj	2046kj
Energy	87kcal	489kcal
Protein	9g	50.9g
Carbs	10g	55g
of which sugars	3g	15g
Fibre	2g	12g
Fat	1.3g	7.5g
of which saturated	0.4g	2.2g
Sodium	45mg	254mg

**Allergens:** Sulphites, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
50ml	100ml	Buckwheat
50g	100g	Kale <i>rinse &amp; roughly shred</i>
1	1	Spring Onion <i>rinse, trim &amp; finely slice</i>
30g	60g	Corn
150g	300g	Beef Strips
5ml	10ml	Medium Curry Powder
40ml	80ml	Low Fat Cottage Cheese
10g	20g	Pitted Dates <i>roughly chop</i>
100g	200g	Cucumber <i>rinse &amp; cut into half-moons</i>
1	2	Tomato/es <i>rinse &amp; cut into very thin wedges</i>
10ml	20ml	Lemon Juice

## From Your Kitchen

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Cooking Spray  
Seasoning (salt & pepper)  
Water  
Paper Towel

**1. BEGIN THE BUCKWHEAT** Place the buckwheat in a pot over medium heat. Toast until fragrant, 1-3 minutes (shifting occasionally). Add 200ml [400ml] of salted water. Cover and simmer until the water has been absorbed, 15-20 minutes. Remove from the heat and steam for 10 minutes. Fluff with a fork and cover.

**2. VEGGIE MEDLEY** Place the kale in a bowl. Lightly add cooking spray and seasoning. Using your hands, gently massage until softened. Place a pan over medium-high heat. Add the spring onion and the corn and lightly coat in cooking spray. Fry until lightly charred, 3-4 minutes (shifting occasionally). Add the kale and fry until slightly wilted, 2-3 minutes. Remove from the pan and set aside.

**3. CURRY BEEF** Return the pan to medium heat. Pat the beef dry with paper towel and lightly coat in cooking spray and the curry powder (to taste). When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season.

**4. COTTAGE CHEESE** In a bowl, loosen the cottage cheese with water in 5ml increments until drizzling consistency. Season and set aside.

**5. ADD MORE COLOUR** When the buckwheat is done, toss through the cooked kale and corn along with the dates, cucumber, tomato and lemon juice (to taste). Season and set aside.

**6. SIMPLY DIVINE** Plate up the loaded buckwheat and top with the beef. Drizzle over the cottage cheese.