



# UCOOK

## Beef & Spicy Stuffed Gem Squash

with a chunky tomato & cucumber salad

Put away the butter & sugar, and let's show you the unique UCOOK way of stuffing oven-roasted gem squash. We're talking golden-charred pops of corn, a kick of pickled jalapeños & cream cheese. Sided with juicy, seared sirloin and a refreshingly zesty baby tomato, cucumber & mint salad.

---

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

---

**Serves:** 2 People

---

**Chef:** Jade Summers

---

\*New Calorie Conscious

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

---

2	Gem Squash <i>rinse, halve &amp; deseed</i>
60g	Corn
20g	Sliced Pickled Jalapeños <i>drain &amp; roughly chop</i>
60ml	Low Fat Cottage Cheese
320g	Beef Sirloin
160g	Baby Tomatoes <i>rinse &amp; cut in half</i>
200g	Cucumber <i>rinse &amp; cut into bite-sized pieces</i>
5g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>
30ml	Lemon Juice

## From Your Kitchen

---

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel

**1. GEM SQUASH** Preheat the oven to 200°C. Place the de-seeded gem squash halves on a roasting tray, cut-side up. Lightly drizzle with oil and season. Roast in the hot oven until soft, 25-30 minutes. Alternatively, air fry at 200°C until cooked through, 20-25 minutes.

**2. CHILLI-CHEESE CORN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the heat and add the chopped jalapeños (to taste), the cottage cheese, and seasoning. Spoon into the roasted gem squash and set aside.

**3. SEARED STEAK** Return the pan, wiped out, to 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). Remove from the pan and rest for 5 minutes before slicing and seasoning.

**4. CHUNKY CUCUMBER SALAD** In a bowl, combine the halved tomato, the cucumber pieces, the chopped mint, the lemon juice, and season.

**5. THE STUFF OF FOODIE LEGENDS** Plate up the stuffed gem squash. Side with the cucumber salad and the sliced steak. Enjoy!

## Nutritional Information

Per 100g

---

Energy	310kJ
Energy	74kcal
Protein	6.6g
Carbs	3g
of which sugars	1g
Fibre	1g
Fat	1.4g
of which saturated	0.5g
Sodium	35.6mg

---

## Allergens

Cow's Milk, Sulphites

Eat  
Within  
4 Days