

QCOOK

Ranch Beef & Roast Veg Medley

with sun-dried tomatoes & almonds

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	373kj	2344kj
Energy	89kcal	560kcal
Protein	7.9g	49.4g
Carbs	10g	63g
of which sugars	2.5g	15.9g
Fibre	1.3g	8.5g
Fat	2.3g	14.4g
of which saturated	0.6g	3.6g
Sodium	138mg	865mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	10g	Almonds
250g	500g	Roast Veg Mix <i>cut into bite-sized pieces</i>
20ml	40ml	NOMU One For All Rub
90ml	180ml	Ranch Dressing <i>(60ml [120ml] Low Fat Plain Yoghurt, 25ml [50ml] Buttermilk & 5ml [10ml] Wholegrain Mustard)</i>
3g	5g	Fresh Chives <i>rinse & finely slice</i>
150g	300g	Beef Schnitzel (without crumb)
80g	40g	Green Leaves <i>rinse & roughly shred</i>
30g	60g	Sun-dried Tomatoes <i>roughly chop</i>
50g	100g	Cucumber <i>rinse & cut into thin rounds</i>

From Your Kitchen

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

- 1. A IS FOR ALMONDS** Preheat the oven to 200°C. Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 2. OVEN VEG** Spread the veg mix on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).
- 3. RANCH DRESSING** Return the pan to medium heat with 10ml [20ml] of oil. Fry ½ the NOMU rub until fragrant, 1-2 minutes. Remove from the pan and add to the ranch dressing. Mix in the chives and season. Loosen with a splash of water if it's too thick.
- 4. BUTTERY SCHNITZEL** Return to pan to medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 20-30 seconds per side. In the final 30 seconds, baste with a knob of butter and the remaining NOMU rub. Remove from the pan, season and slice.
- 5. SIMPLE SALAD** In a salad bowl, combine the green leaves, the tomatoes, the cucumber, a drizzle of olive oil, and seasoning.
- 6. WHAT A GREAT PLATE** Plate up the roasted veg and beef. Serve the fresh salad alongside. Drizzle over the ranch dressing and garnish with the almonds. Well done, Chef!