

Eat Within 4 Days

# QCOOK

## Mexi Beef & Butternut Bowl

**with roasted butternut & cottage cheese**

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Calorie Conscious:** Serves 3 & 4

**Chef:** Ropafadzo Zengeni

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 305kJ | 1810kJ |
| Energy | 73kcal | 433kcal |
| Protein | 8.1g | 48g |
| Carbs | 6g | 38g |
| of which sugars | 2g | 13g |
| Fibre | 2g | 9g |
| Fat | 1g | 6.1g |
| of which saturated | 0.4g | 2.6g |
| Sodium | 150.9mg | 891.8mg |

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

**Spice Level:** Mild

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|---|---|---|
| 750g | 1kg | Butternut<br>*peel (optional) & cut into bite-sized pieces* |
| 30ml | 40ml | Old Stone Mill Mexican Spice |
| 450g | 600g | Beef Strips |
| 120ml | 160ml | Tomato Salsa |
| 30ml | 40ml | Lime Juice |
| 45ml | 60ml | White Balsamic Vinegar |
| 60g | 80g | Green Leaves<br>*rinse & roughly shred* |
| 150g | 200g | Cucumber<br>*rinse & roughly dice* |
| 150ml | 200ml | Low Fat Cottage Cheese |

## From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey (optional)

1. BEGIN THE BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Lightly coat with cooking spray or oil (optional), and ½ of the Mexican Spice and seasoning. 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. DO THE SALSA Place a pan over high heat. Pat the beef strips dry with paper towel. Lightly coat with cooking spray or oil (optional) and the remaining Mexican spice. When hot, fry the beef strips until browned, 20-30 seconds (shifting occasionally). You may need to do this step in batches. Add the tomato salsa and seasoning. Cook until coated, 1-2 minutes. Remove from the heat.

3. ZESTY FRESHNESS In a bowl, mix the lime juice, vinegar, sweetener (to taste) and seasoning. Add the green leaves and toss to coat.

4. PLATING PERFECTION In a bowl, place your green leaves, beef strips, cucumber, roasted butternut, buddha bowl style, and add the cottage cheese in the centre, and enjoy, Chef!

**Chef's Tip** The butternut skin adds flavour, texture, and nutrients, but can be removed if you prefer!