



UCCOOK

Lentil & Beef Strips Bowl

with roasted cabbage

Hands-on Time: 35 minutes

Overall Time: 50 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 341kJ | 2064kJ |
| Energy | 81kcal | 494kcal |
| Protein | 8.4g | 50.9g |
| Carbs | 9g | 54g |
| of which sugars | 3g | 18g |
| Fibre | 3g | 18g |
| Fat | 0.9g | 5.4g |
| of which saturated | 0.3g | 1.8g |
| Sodium | 93.1mg | 564.2mg |

Allergens: Allium, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|----------|------------|---|
| 180g | 240g | Tinned Lentils <i>drain & rinse</i> |
| 300g | 400g | Cabbage <i>rinse & chop into bite-sized chunks</i> |
| 2 | 2 | Onions <i>peel & cut 1½ [2] into wedges</i> |
| 30ml | 40ml | NOMU BBQ Rub |
| 450g | 600g | Beef Strips |
| 300g | 400g | Cucumber <i>rinse & cut into half-moons</i> |
| 60g | 80g | Green Leaves <i>rinse</i> |
| 60ml | 80ml | Balsamic Vinegar |

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. **ONE TRAY** Preheat the oven to 200°C. Spread the lentils, the cabbage, the onions, and the onion on a roasting tray. Lightly coat in cooking spray, the NOMU rub, and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway).

2. **MMMEAT** Place a pan over high heat and lightly add cooking spray. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). You may need to do this step in batches. Remove from the pan and season.

3. **ALL TOGETHER** In a bowl, combine the cucumber, the green leaves, the balsamic vinegar, and seasoning. Mix in the roast, the beef strips, and toss to combine.

4. **DINNER IS READY** Bowl the loaded roast and tuck in, Chef!