

UCCOOK

Moroccan Beef & Salsa

with potato chunks

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Calorie Conscious: Serves 3 & 4

Chef: Ella Nasser

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 307kJ | 1889kJ |
| Energy | 74kcal | 452kcal |
| Protein | 7.7g | 47.1g |
| Carbs | 8g | 47g |
| of which sugars | 1g | 9g |
| Fibre | 1g | 8g |
| Fat | 1.1g | 7g |
| of which saturated | 0.3g | 2g |
| Sodium | 105.3mg | 646.8mg |

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Moderate

Eat Within 4 Days

Ingredients & Prep Actions:

| | | |
|----------|------------|--|
| Serves 3 | [Serves 4] | |
| 600g | 800g | Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i> |
| 60g | 80g | Pitted Kalamata Olives <i>drain & halve</i> |
| 2 | 2 | Tomatoes <i>rinse & roughly dice</i> |
| 1 | 1 | Onion <i>peel & finely dice ¾ [1]</i> |
| 300g | 400g | Cucumber <i>rinse & roughly dice</i> |
| 450g | 600g | Beef Strips |
| 15ml | 20ml | NOMU Moroccan Rub |
| 150ml | 200ml | Tzatziki |

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray (or oil of your choice)

1. ROAST Preheat the oven to 200°C. Spread the potato on a roasting tray. Lightly coat in cooking spray or a drizzle of oil (optional), and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. SIMPLE SALSA In a bowl, combine the olives, the tomato, the onion (to taste), and the cucumber. Season and set aside.

3. NOMU-SPICED VENISON Place a pan over medium-high heat. Pat the beef strips dry with paper towel and lightly coat with cooking spray, or add a drizzle of oil (optional) and NOMU rub. When hot, sear the strips until browned, 20-30 seconds per side. You may need to do this step in batches. Remove from the pan and season.

4. A TRIP TO MOROCCO Plate up the roasted potato, top with beef strips, and the tomato salsa. Dollop over the tzatziki. A masterpiece, Chef!