

UCCOOK

Chimichurri Beef Salad

with roasted onion & butternut

Hands-on Time: 45 minutes

Overall Time: 55 minutes

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

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	285kJ	2068kJ
Energy	68kcal	495kcal
Protein	6.3g	45.4g
Carbs	7g	49g
of which sugars	2g	14g
Fibre	2g	12g
Fat	1g	7.2g
of which saturated	0.3g	2g
Sodium	21.2mg	153.9mg

Allergens: Sulphites, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
30g	40g	Pumpkin Seeds
16g	20g	Mixed Herbs <i>(8g [10g] Fresh Parsley & 8g [10g] Fresh Coriander)</i>
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
450g	600g	Beef Strips
240g	320g	Baby Tomatoes <i>rinse & cut in half</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & roughly slice</i>
750g	1kg	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
150g	200g	Kale <i>rinse & roughly shred</i>
30ml	40ml	Apple Cider Vinegar
30ml	40ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Blender
Paper Towel
Seasoning (Salt & Pepper)

1. BUTTERNUT & ONION Preheat the oven to 200°C. Spread out the butternut, and ¾ of the onion on a roasting tray. Lightly coat in cooking spray and season. Roast in the hot oven until cooked through and golden, 35-40 minutes (flipping halfway).

2. PUMPKIN SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside. Rinse, pick and roughly chop the mixed herbs.

3. KALE Place the kale in a bowl, lightly coat in cooking spray and seasoning. Using your hands, massage until softened and coated. When the roast has 10 minutes remaining, scatter over the dressed kale. Roast for the remaining time.

4. CHIMI-STYLE DRESSING In a blender, add the vinegar, lemon juice, chilli (to taste), herbs, the remaining onion (to taste), and a drizzle of water until slightly loosened. Blend until smooth and season.

5. SIMPLE SALAD To the bowl, add the kale, tomatoes, the seeds, and seasoning.

6. SEAR THE BEEF Return the pan to high heat. Pat the beef strips dry with paper towel and lightly coat in cooking spray. When hot, add the beef strips to the pan and fry until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season.

7. WELL DONE Plate up the seared beef, and top with the homemade chimi-style dressing. Side with the fresh salad, and the roasted veg. Enjoy, Chef!