



# UCCOOK

## Honey-mustard Beef Salad

with sweet potatoes & crispy onion bits

**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Creation Wines | Creation Pinot Noir

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 495kJ    | 3044kJ      |
| Energy             | 118kcal  | 728kcal     |
| Protein            | 6.9g     | 42.5g       |
| Carbs              | 7g       | 45g         |
| of which sugars    | 3.2g     | 19.6g       |
| Fibre              | 1.2g     | 7.5g        |
| Fat                | 5g       | 30.6g       |
| of which saturated | 1.3g     | 8.2g        |
| Sodium             | 113mg    | 693mg       |

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |  |
|----------|------------|--|
| 100g     | 200g       | Sweet Potato Chunks  |
| 10ml     | 20ml       | Spice Mix<br><i>(5ml [10ml] Smoked Paprika &amp; 5ml [10ml] Garlic Powder)</i> |
| 40g      | 80g        | Corn   |
| 150g     | 300g       | Beef Rump Strips   |
| 40g      | 80g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>                               |
| 1        | 1          | Tomato<br><i>rinse &amp; roughly dice ½ [1]</i>                                |
| 100g     | 200g       | Cucumber<br><i>rinse &amp; cut into half-moons</i>                             |
| 20g      | 40g        | Danish-style Feta<br><i>drain &amp; crumble</i>                                |
| 50ml     | 100ml      | Honey Mustard Dressing   |
| 5g       | 10g        | Crispy Onion Bits  |

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

**1. ROAST** Coat the sweet potato in oil, the spice mix, and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway). Alternatively, preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

**2. CORN** In a bowl, combine the corn with a drizzle of oil and season. When the roast has 4-5 minutes remaining, scatter over the corn and roast for the remaining time until lightly golden.

**3. FRY THE BEEF** Place a pan over high heat with a drizzle of oil and a knob of butter. Pat the beef strips dry with paper towel and season. When hot, fry the beef strips until browned, 20-30 seconds (shifting occasionally). Remove from the pan and reserve any pan juices.

**4. TIME TO EAT** Make a bed of the salad leaves, top with the roast, beef strips with pan juices (to taste), scatter over the tomato, cucumber, feta, drizzle over the dressing (to taste), and sprinkle over the crispy onion bits. Dig in, Chef!