

QCOOK

Beef Strips & Herb-Infused Tomatoes

with lentils & pumpkin seeds

Hands-on Time: 45 minutes

Overall Time: 55 minutes

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

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	444kj	2049kj
Energy	106kcal	490kcal
Protein	11.1g	51.4g
Carbs	11g	52g
of which sugars	2g	10g
Fibre	3g	14g
Fat	1.2g	5.5g
of which saturated	0.4g	1.7g
Sodium	32mg	147.6mg

Allergens: Allium, Sulphites

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Baby Potatoes <i>rinse & cut into quarters</i>
180g	240g	Tinned Lentils <i>drain & rinse</i>
15g	20g	Pumpkin Seeds
2	2	Garlic Cloves <i>peel & grate</i>
60ml	80ml	Balsamic Vinegar
7,5ml	10ml	Dried Chilli Flakes
3	4	Tomatoes <i>rinse & cut into thin rounds</i>
7.5ml	10ml	Dried Oregano
450g	600g	Beef Strips
15ml	20ml	Paprika Mix <i>(7,5ml [10ml] Smoked Paprika & 7,5ml [10ml] Dried Chilli Flakes)</i>

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. ROAST Preheat the oven to 200°C. Spread the baby potatoes and the lentils on a roasting tray. Lightly spray with cooking spray and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. TOAST Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan.

3. DRESSING Return the pan to medium heat and spray with cooking spray. When hot, fry the garlic until fragrant, 30-60 seconds. Remove from the pan. In a bowl, combine the garlic, the balsamic vinegar, and the chilli flakes (to taste). Mix until combined and season. Add the tomato, the oregano, seasoning, and set aside in the fridge.

4. BEEF Place a pan over high heat and lightly spray with cooking spray. Pat the beef strips dry with paper towel, coat with the paprika mix, and season. 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.

5. DINNER IS READY Dish up the crispy roast, side with the beef and the tomato. Sprinkle over the toasted seeds and tuck in, Chef!

Chef's Tip To make the salad dressing, place the ingredients in a clean jar, close the lid up tight, and shake. Using a jar emulsifies the dressing much more successfully than just mixing it in a bowl.