

QCOOK

Beef Strips & Herb-Infused Tomatoes

with lentils & pumpkin seeds

Hands-on Time: 30 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 1 & 2

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 1	[Serves 2]	
100g	200g	Baby Potatoes <i>rinse & cut into quarters</i>
60g	120g	Tinned Lentils <i>drain & rinse</i>
5g	10g	Pumpkin Seeds
1	1	Garlic Clove <i>peel & grate</i>
20ml	40ml	Balsamic Vinegar
2,5ml	5ml	Dried Chilli Flakes
1	2	Tomato/es <i>rinse & cut into thin rounds</i>
2.5ml	5ml	Dried Oregano
150g	300g	Beef Strips
5ml	10ml	Paprika Mix <i>(2,5ml [5ml] Smoked Paprika & 2,5ml [5ml] 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, 20-25 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). Remove from the pan.
- 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.