



UCCOOK

Chermoula Beef Strips & Beet Salad

with fresh coriander

Hands-on Time: 30 minutes

Overall Time: 45 minutes

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

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	352kj	1987kj
Energy	84kcal	475kcal
Protein	8.7g	49.2g
Carbs	4g	22g
of which sugars	1g	5g
Fibre	1g	8g
Fat	3.1g	17.3g
of which saturated	1.4g	7.7g
Sodium	194.1mg	1095mg

Allergens: Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1

[Serves 2]

200g	400g	Beetroot <i>rinse, trim, peel (optional) & cut into half-moons</i>
150g	300g	Beef Strips
7,5ml	15ml	NOMU Cajun Rub
10ml	20ml	Pesto Princess Chermoula Paste
50ml	100ml	Low Fat Plain Yoghurt
3g	5g	Fresh Coriander <i>rinse & roughly chop</i>
20g	40g	Green Leaves <i>rinse</i>
80g	160g	Baby Tomatoes <i>rinse & halve</i>
30g	60g	Danish-style Feta <i>drain</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

Cooking Spray

1. UN-BEETABLE Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in cooking spray and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. NOMU-SPICED BEEF Place a pan over high heat and lightly add cooking spray. Pat the beef strips dry with paper towel and coat in the NOMU rub. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season.

3. A TASTY TRICK In a bowl, mix together the chermoula, the yoghurt and ½ the coriander. Season well. When the beef strips are finished and removed from the heat, toss them through the chermoula yoghurt. Add a splash of water if you feel the sauce is too thick.

4. WELL DONE, CHEF! Plate up the green leaves, topped with the baby tomatoes and the roasted beets. Toss together and top the salad with the feta. Side with the creamy chermoula beef strips. Grubs up, Chef!