



# UCCOOK

## Sweet & Spicy Beef Salad

**with baby potatoes, charred pineapple & peanuts**

This easy Asian-inspired salad is packed with flavour. Juicy beef rump strips are tossed in a sticky soy sauce and laid on top of a salad consisting of baby potatoes, charred pineapple, and crunchy peanuts. Flecked with fresh mint, coriander, and chilli, to make this the ultimate beef strip salad!

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes


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**Serves:** 1 Person


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**Chef:** Thea Richter

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 Adventurous Foodie

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 Waterford Estate | Waterford Pecan Stream  
Chenin Blanc 2021

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## Ingredients & Prep

200g	Baby Potatoes <i>halved</i>
15g	Peanuts
8g	Mixed Herbs <i>(4g Fresh Coriander &amp; 4g Fresh Mint)</i>
20g	Salad Leaves
100g	Fresh Pineapple Fingers
150g	Free-range Beef Rump Strips
50ml	Sticky Soy <i>(25ml Indonesian Soy Sauce, 15ml Sambal Oelek &amp; 10ml Worcestershire Sauce)</i>
1	Fresh Chilli <i>deseeded &amp; roughly sliced</i>
1	Lemon <i>½ cut into wedges</i>

## From Your Kitchen

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

**1. POTAYTO, POTAHTO** Place the halved baby potatoes in a pot of salted water over high heat. Pop on a lid and bring to the boil. Once boiling, remove the lid and reduce the heat. Simmer for 20-25 minutes until cooked through and soft. Remove from the heat and drain. Cover to keep warm.

**2. WHILE THE TATERS ARE BOILING...** Roughly chop the peanuts. Rinse and pick the herbs. Rinse and roughly shred the salad leaves.

**3. GOING NUTS** Place a pan over a medium heat with the chopped peanuts. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan and set aside.

**4. FRIED FINEAPPLE** Return the pan to a high heat. When hot, fry the pineapple pieces for 2-3 minutes per side until charred. Remove from the pan and set aside.

**5. STICKY STRIPS** Return the pan to a medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When the pan is hot, add the beef strips and fry for 1-2 minutes per side until browned. Remove from the heat and add the sticky soy and ½ the sliced chilli (to taste) to the pan. Toss until the beef is coated.

**6. IT'S A TOSS-UP** In a salad bowl, combine the shredded salad leaves, the cooked baby potatoes, ½ the picked mixed herbs, seasoning, the juice of 1 lemon wedge, and a drizzle of oil.

**7. THERE YOU HAVE IT** Make a bed of the baby potato salad. Top with the beef strips with any remaining sauce and the charred pineapple pieces. Sprinkle over the remaining mixed herbs, the toasted peanuts, and the remaining chilli (to taste). Serve with a lemon wedge. Yum!

## Nutritional Information

Per 100g

Energy	521kJ
Energy	124kcal
Protein	7.4g
Carbs	13g
of which sugars	6.3g
Fibre	1.2g
Fat	3.1g
of which saturated	0.8g
Sodium	244mg

## Allergens

Gluten, Peanuts, Wheat, Sulphites, Soy

Cook  
within  
4 Days