



UCCOOK

Beef Strips & Quinoa Salad

with roasted pumpkin chunks

Hands-on Time: 40 minutes

Overall Time: 55 minutes

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

Chef: Kate Gomba

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 364kj | 2001kj |
| Energy | 87kcal | 479kcal |
| Protein | 9g | 49.6g |
| Carbs | 10g | 55g |
| of which sugars | 2g | 12g |
| Fibre | 2g | 11g |
| Fat | 1.4g | 7.5g |
| of which saturated | 0.4g | 2.1g |
| Sodium | 96mg | 527.2mg |

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|----------|------------|---|
| 300g | 400g | Pumpkin Chunks <i>cut into bite-sized pieces</i> |
| 2 | 2 | Onions <i>peel & cut 1½ [2] into wedges</i> |
| 22,5ml | 30ml | NOMU Italian Rub |
| 120ml | 160ml | Quinoa <i>rinse</i> |
| 450g | 600g | Beef Strips |
| 90ml | 120ml | Low Fat Cottage Cheese |
| 2 | 2 | Lemons <i>rinse, zest & cut 1½ [2] into wedges</i> |
| 120g | 160g | Green Leaves <i>rinse & roughly shred</i> |
| 8g | 10g | Fresh Parsley <i>rinse, pick & roughly chop</i> |

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. ROAST Preheat the oven to 200°C. Spread the pumpkin and onions on a roasting tray. Coat in ½ the NOMU rub, and season. Lightly spray with cooking spray and roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. QUINOA Place the quinoa in a pot with 300ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

3. BEEF Place a pan over high heat and lightly spray with cooking spray. Pat the beef strips dry with paper towel and coat with the remaining rub. When hot, fry the beef strips in small batches until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season.

4. JUST BEFORE SERVING In a small bowl, combine the cottage cheese with the lemon zest (to taste) and seasoning. Loosen with water in 5ml increments until drizzling consistency. In a salad bowl, combine the quinoa, the pumpkin, the onion, the beef, the green leaves, a generous squeeze of lemon juice (to taste) and season.

5. DINNER IS READY Dish up the loaded beef salad and drizzle over the zesty cottage cheese. Garnish with a sprinkle of the parsley and dig in, Chef!

Chef's Tip