



# UCCOOK

## Seared Beef & Roast Beetroot Salad

**with crispy kale & balsamic dressing**

A thyme-infused veggie medley of beetroot, carrot & kale are oven-roasted until golden & crispy. Sided with NOMU One For All Rub-spiced steak and drizzled with balsamic vinegar. Garnished with spring onion.

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**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Jade Summers

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**\*New Calorie Conscious**

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## Ingredients & Prep

|      |                                                                                      |
|------|--------------------------------------------------------------------------------------|
| 450g | Beetroot<br><i>rinse, trim, peel (optional)<br/>&amp; cut into bite-sized pieces</i> |
| 360g | Carrot<br><i>rinse, trim, peel &amp; cut into<br/>bite-sized pieces</i>              |
| 8g   | Fresh Thyme<br><i>rinse</i>                                                          |
| 150g | Kale<br><i>rinse &amp; roughly shred</i>                                             |
| 480g | Beef Sirloin                                                                         |
| 15ml | NOMU One For All Rub                                                                 |
| 2    | Spring Onions<br><i>rinse, trim &amp; finely slice</i>                               |
| 30ml | Balsamic Vinegar                                                                     |

## From Your Kitchen

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

**1. THYME FOR THE VEG** Preheat the oven to 200°C. Spread the beetroot pieces, the carrot pieces, and the rinsed thyme sprigs on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Discard the thyme sprigs and season.

**2. CRISPY KALE** When the roasted veg has 10 minutes remaining, give the tray a shift and return to the oven. Pop in the tray of kale and roast for the remaining time.

**3. SEARED STEAK** Place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, spice with the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**4. NUTRITIOUS & SATISFYING** Dish up the crispy kale and the roasted veg. Scatter over the chopped spring onion and drizzle over the balsamic vinegar. Side with the sliced steak. Well done, Chef!

## Chef's Tip

Air fryer method: Coat the beetroot pieces, the carrot pieces, and the rinsed thyme sprigs in oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway). Discard the thyme sprigs and season.

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 386kJ  |
| Energy             | 92kcal |
| Protein            | 7.9g   |
| Carbs              | 5g     |
| of which sugars    | 2g     |
| Fibre              | 2g     |
| Fat                | 1.8g   |
| of which saturated | 0.6g   |
| Sodium             | 92.1mg |

## Allergens

Allium, Sulphites

Eat  
Within  
4 Days