

UCOOK

Beetroot & Beef Salad

with red pepper pesto

Salad can either be a bit monotonous or really mouthwatering. The difference is using interesting ingredients, complementing textures, and an elevated dressing. We show you how with this superb salad, made with oven-roasted beetroot, toasted almonds, creamy feta, browned beef, baby marrow ribbons, and drizzles of red pepper pesto sauce.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kelly Fletcher

 Carb Conscious

 Strandveld | First Sighting Rosé

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Ingredients & Prep

200g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized pieces</i>
10g	Almonds <i>roughly chopped</i>
17,5ml	Honey-mustard Dressing <i>(10ml White Wine Vinegar, 5ml Honey & 2,5ml Wholegrain Mustard)</i>
20g	Green Leaves <i>rinsed & roughly shredded</i>
100g	Baby Marrow <i>rinsed, trimmed & peeled into ribbons</i>
30g	Danish-style Feta <i>drained & crumbled</i>
30ml	Pesto Princess Red Pepper Pesto
150g	Free-range Beef Strips <i>patted dry with paper towel & cut into bite-sized pieces</i>

From Your Kitchen

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

1. CRISPY BEET Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. ADD SOME CRUNCH Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. ALL TOGETHER In a salad bowl, combine the honey-mustard dressing with a drizzle of olive oil and seasoning. Toss through the shredded leaves, the baby marrow ribbons, the crumbled feta, and ½ the toasted nuts. Set aside.

4. RED PESTO SAUCE Loosen the red pesto with a drizzle of olive oil and a splash of warm water until drizzling consistency.

5. BROWNED BEEF Return the pan to high heat with a drizzle of oil. When hot, sear the beef until browned, 1-2 minutes (shifting occasionally). Remove from the pan. Season and set aside.

6. SENSATIONAL SALAD Plate up the dressed baby marrow salad and top with the cooked beef, the beetroot, and the crumbled feta. Drizzle over the loosened red pesto. Garnish with the remaining almonds.



Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	417kJ
Energy	100kcal
Protein	9.2g
Carbs	5g
of which sugars	2.3g
Fibre	1.7g
Fat	3.7g
of which saturated	1.4g
Sodium	179mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days