

# UCCOOK

## Citrus, Beef & Beetroot Salad

with almonds & pecan nuts

**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Megan Bure

**Wine Pairing:** Piekenierskloof | Grenache Noir

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 414kJ    | 2934kJ      |
| Energy             | 99kcal   | 702kcal     |
| Protein            | 7.9g     | 56g         |
| Carbs              | 7g       | 49g         |
| of which sugars    | 3.8g     | 26.9g       |
| Fibre              | 2g       | 14.5g       |
| Fat                | 4.3g     | 30.6g       |
| of which saturated | 1.4g     | 9.8g        |
| Sodium             | 167mg    | 1183mg      |

**Allergens:** Sulphites, Tree Nuts, Cow's Milk, Allium

Eat Within 3 Days

## Ingredients & Prep Actions:

|          |            |   |
|----------|------------|---|
| Serves 3 | [Serves 4] |   |
| 600g     | 800g       | Beetroot<br><i>rinse, trim, peel (optional) &amp; cut into bite-sized pieces</i>  |
| 30g      | 40g        | Almonds<br><i>roughly chop</i>  |
| 30g      | 40g        | Pecan Nuts<br><i>roughly chop</i>   |
| 3        | 4          | Oranges<br><i>rinse, peel &amp; ½ cut into segments</i>   |
| 150ml    | 200ml      | Tangy Dressing<br><i>(30ml [40ml] Lemon Juice, 30ml [40ml] Dijon Mustard &amp; 90ml [120ml] Low Fat Cottage Cheese)</i> |
| 120g     | 160g       | Danish-style Feta<br><i>drain &amp; crumble</i>   |
| 60g      | 80g        | Salad Leaves<br><i>rinse</i>  |
| 450g     | 600g       | Beef Schnitzel (without crumb)<br><i>pat dry &amp; cut into 1cm thick strips</i>  |
| 30ml     | 40ml       | NOMU One For All Rub  |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel  
Butter

**1. BEGIN THE BEET** Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

**2. MIX IT UP** Place the nuts into a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. TANGY ORANGE DRESSING** To a bowl, add the juice from 6 [8] orange wedges. Mix in the tangy dressing along with a drizzle of olive oil and seasoning. Reserve ½ the dressing for serving. When the beetroot is done, add it to the bowl, along with the orange segments, the feta, the salad leaves, ½ the toasted nuts and toss.

**4. BROWNE D BEEF** Place a pan over high heat with a drizzle of oil. Add the beef strips to the pan along with a knob of butter and the NOMU rub. Cook until browned, 20-30 seconds (shifting occasionally). You may need to do this in batches. Remove from the pan, reserving any pan juices, and season.

**5. SENSATIONAL SALAD** Serve up the loaded salad and top with the beef, any pan juices, and drizzle over the reserved dressing. Finish with a garnishing of the remaining nuts.