

UCCOOK

Citrus, Beef & Beetroot Salad

with almonds

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	381kj	2659kj
Energy	91kcal	636kcal
Protein	7.9g	55.3g
Carbs	7g	49g
of which sugars	3.8g	26.9g
Fibre	2g	13.8g
Fat	3.4g	23.5g
of which saturated	1.3g	9.2g
Sodium	170mg	1184mg

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

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
30g	40g	Almonds <i>roughly chop</i>
2	2	Oranges <i>rinse, peel & ½ cut into segments</i>
150ml	200ml	Tangy Dressing <i>(30ml [40ml] Lemon Juice, 30ml [40ml] Dijon Mustard & 90ml [120ml] Low Fat Cottage Cheese)</i>
120g	160g	Danish-style Feta <i>drain & crumble</i>
60g	80g	Salad Leaves <i>rinse</i>
450g	600g	Beef Schnitzel (without crumb) <i>pat dry & 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. BROWNEED 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.