

U COOK



Souvlaki-style Beef

with potato chunks

Hands-on Time: 35 minutes

Overall Time: 50 minutes

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

Chef: Ella Nasser

Nutritional Info	Per 100g	Per Portion
Energy	329.2kJ	2079.5kJ
Energy	78.8kcal	497.6kcal
Protein	7.5g	47.4g
Carbs	8.4g	53.1g
of which sugars	1.5g	9.2g
Fibre	1.6g	10.1g
Fat	1.6g	10g
of which saturated	0.4g	2.7g
Sodium	156.1mg	985.8mg

Allergens: Sulphites, Sesame, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

600g	800g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
60g	80g	Pitted Kalamata Olives <i>drain & halve</i>
2	2	Tomatoes <i>rinse & roughly dice</i>
1	1	Onion <i>peel & finely dice $\frac{3}{4}$ [1]</i>
300g	400g	Cucumber <i>rinse & roughly dice</i>
8g	10g	Fresh Oregano <i>rinse & roughly chop</i>
450g	600g	Beef Strips
30ml	40ml	NOMU Moroccan Rub
90ml	120ml	Hummus
90ml	120ml	Tzatziki

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Paper Towel

Cooking Spray

1. ROAST Preheat the oven to 200°C. Spread the potato on a roasting tray. Lightly coat in cooking spray and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. SIMPLE SALSA In a bowl, combine the olives, the tomato, the onion (to taste), the cucumber and 1/2 the oregano. Season and set aside.

3. NOMU-SPICED BEEF Place a pan over medium-high heat and lightly add cooking spray. Pat the beef strips dry with paper towel. When hot, sear until browned, 2-3 minutes (shifting occasionally). You may need to do this step in batches. In the final 30-60 seconds, spice with the NOMU rub. Remove from the pan and season.

4. A TRIP TO GREECE Plate up the roasted potato, the beef strips, and the tomato salsa. Side with the hummus and tzatziki, and scatter over the remaining oregano. A masterpiece, Chef!