

# U COOK



## Souvlaki-style Beef

with potato chunks

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**\*New Calorie Conscious:** Serves 1 & 2

**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 1 [Serves 2]

200g	400g	Potato <i>rinse, peel (optional) &amp; cut into bite-sized pieces</i>
20g	40g	Pitted Kalamata Olives <i>drain &amp; halve</i>
1	1	Tomato <i>rinse &amp; roughly dice</i>
1	1	Onion <i>peel &amp; finely dice <math>\frac{1}{4}</math> [<math>\frac{1}{2}</math>]</i>
100g	200g	Cucumber <i>rinse &amp; roughly dice</i>
3g	5g	Fresh Oregano <i>rinse &amp; roughly chop</i>
150g	300g	Beef Strips
10ml	20ml	NOMU Moroccan Rub
30ml	60ml	Humus
30ml	60ml	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, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

**2. SIMPLE SALSA** In a bowl, combine the olives, the tomato, the onion (to taste), the cucumber and  $\frac{1}{2}$  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). 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!