



UCCOOK

Balsamic Beef & Roasted Beetroot Salad

with roasted cannellini beans & kale

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Carb Conscious: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Waterkloof | Seriously Cool Cinsault

Nutritional Info

	Per 100g	Per Portion
Energy	511kJ	2707kJ
Energy	122kcal	648kcal
Protein	8.5g	45.2g
Carbs	8.3g	44.1g
of which sugars	1.4g	7.5g
Fibre	2.7g	14.5g
Fat	4g	21.1g
of which saturated	0.8g	4g
Sodium	161mg	854mg

Allergens: Sulphites, Tree Nuts, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

450g	600g	Beef Rump Strips
60ml	80ml	Balsamic Vinegar
150g	200g	Kale <i>rinse & roughly shred</i>
450g	600g	Beetroot <i>rinse, peel (optional) & cut into bite-sized chunks</i>
15ml	20ml	NOMU One For All Rub
360g	480g	Cannellini Beans <i>drain & rinse</i>
30g	40g	Walnuts <i>roughly chop</i>
90ml	125ml	Avocado Hummus

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water
Paper Towel
Sugar/Sweetener/Honey

1. BALSAMIC BEEF Preheat the oven to 220°C. Pat the beef strips dry with paper towel. Place them in a bowl with a crack of black pepper, the balsamic vinegar and a sweetener (to taste). Cover and set aside.

2. ON TO THE KALE Place the kale in a bowl with a drizzle of olive oil and seasoning. Using your hands, massage until softened and coated.

3. UNBEETABLE Spread the beetroot on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). When the beetroot has 10 minutes remaining, give the tray a shift and return to the oven. Pop in the tray of dressed kale and cannellini beans. Roast for the remaining time.

4. WHERE'S THE WALNUTS? Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

5. BROWN THE BEEF STRIPS When the veg has 5 minutes remaining, return the pan to high heat with a drizzle of oil. Remove the beef strips from the balsamic marinade, reserving the liquid, and sear until browned, 20-30 seconds (shifting occasionally). Remove the pan from the heat and add the balsamic marinade, deglazing the beef in the hot pan.

6. SENSATIONAL ROASTED SALAD Plate up the roasted veg and crispy beans. Top with the balsamic beef strips (and any remaining pan juices). Sprinkle over the walnuts. Finish it off with a dollop of hummus. Yum, Chef, let's dig in!