



UCOOK

Seared Beef & Roast Beetroot Salad

with crispy kale & balsamic dressing

A thyme-infused veggie medley of beetroot, carrot & kale are oven-roasted until golden & crispy. Sided with NOMU One For All Rub-spiced steak and drizzled with balsamic vinegar. Garnished with spring onion.

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Jade Summers

***New Calorie Conscious**

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

600g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
10g	Fresh Thyme <i>rinse</i>
200g	Kale <i>rinse & roughly shred</i>
640g	Beef Sirloin
20ml	NOMU One For All Rub
2	Spring Onions <i>rinse, trim & finely slice</i>
40ml	Balsamic Vinegar

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. THYME FOR THE VEG Preheat the oven to 200°C. Spread the beetroot pieces, the carrot pieces, and the rinsed thyme sprigs on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Discard the thyme sprigs and season.

2. CRISPY KALE When the roasted veg has 10 minutes remaining, give the tray a shift and return to the oven. Pop in the tray of kale and roast for the remaining time.

3. SEARED STEAK Place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, spice with the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. NUTRITIOUS & SATISFYING Dish up the crispy kale and the roasted veg. Scatter over the chopped spring onion and drizzle over the balsamic vinegar. Side with the sliced steak. Well done, Chef!



Chef's Tip

Air fryer method: Coat the beetroot pieces, the carrot pieces, and the rinsed thyme sprigs in oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway). Discard the thyme sprigs and season.

Nutritional Information

Per 100g

Energy	386kJ
Energy	92kcal
Protein	7.9g
Carbs	5g
of which sugars	2g
Fibre	2g
Fat	1.8g
of which saturated	0.6g
Sodium	92.1mg

Allergens

Allium, Sulphites

Eat
Within
4 Days