

Eat Within 4 Days

Mexi Beef & Butternut Bowl

with roasted butternut & cottage cheese

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Calorie Conscious: Serves 1 & 2

Chef: Ropafadzo Zengeni

Nutritional Info	Per 100g	Per Portion
Energy	305kJ	1810kJ
Energy	73kcal	433kcal
Protein	8.1g	48g
Carbs	6g	38g
of which sugars	2g	13g
Fibre	2g	9g
Fat	1g	6.1g
of which saturated	0.4g	2.6g
Sodium	150.9mg	891.8mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut *peel (optional) & cut into bite-sized pieces*
10ml	20ml	Old Stone Mill Mexican Spice
150g	300g	Beef Strips
40ml	80ml	Tomato Salsa
10ml	20ml	Lime Juice
15ml	30ml	White Balsamic Vinegar
20g	40g	Green Leaves *rinse & roughly shred*
50g	100g	Cucumber *rinse & roughly dice*
50ml	100ml	Low Fat Cottage Cheese

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey (optional)

1. BEGIN THE BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Lightly coat with cooking spray or oil (optional), and ½ of the Mexican spice and seasoning. Roast in the hot oven until golden, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. DO THE SALSA Place a pan over high heat. Pat the beef strips dry with paper towel. Lightly coat with cooking spray or oil (optional) and the remaining Mexican spice. When hot, fry the beef strips until browned, 20-30 seconds (shifting occasionally). Add the tomato salsa and seasoning. Cook until coated, 30-60 seconds. Remove from the heat.

3. ZESTY FRESHNESS In a bowl, mix the lime juice, vinegar, sweetener (to taste) and seasoning. Add the green leaves and toss to coat.

4. PLATING PERFECTION In a bowl, place your green leaves, beef strips, cucumber, roasted butternut, buddha bowl style, and add the cottage cheese in the centre, and enjoy, Chef!

Chef's Tip The butternut skin adds flavour, texture, and nutrients, but can be removed if you prefer!