

QCOOK

Beef Strips & Quinoa Salad

with roasted pumpkin chunks

Hands-on Time: 40 minutes

Overall Time: 55 minutes

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

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	364kj	2001kj
Energy	87kcal	479kcal
Protein	9g	49.6g
Carbs	10g	55g
of which sugars	2g	12g
Fibre	2g	11g
Fat	1.4g	7.5g
of which saturated	0.4g	2.1g
Sodium	96mg	527.2mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None



Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
22,5ml	30ml	NOMU Italian Rub
120ml	160ml	Quinoa <i>rinse</i>
450g	600g	Beef Strips
90ml	120ml	Low Fat Cottage Cheese
2	2	Lemons <i>rinse, zest & cut 1½ [2] into wedges</i>
120g	160g	Green Leaves <i>rinse & roughly shred</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. ROAST Preheat the oven to 200°C. Spread the pumpkin and onions on a roasting tray. Coat in ½ the NOMU rub, and season. Lightly spray with cooking spray and roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. QUINOA Place the quinoa in a pot with 300ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

3. BEEF Place a pan over high heat and lightly spray with cooking spray. Pat the beef strips dry with paper towel and coat with the remaining rub. When hot, fry the beef strips in small batches until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season.

4. JUST BEFORE SERVING In a small bowl, combine the cottage cheese with the lemon zest (to taste) and seasoning. Loosen with water in 5ml increments until drizzling consistency. In a salad bowl, combine the quinoa, the pumpkin, the onion, the beef, the green leaves, a generous squeeze of lemon juice (to taste) and season.

5. DINNER IS READY Dish up the loaded beef salad and drizzle over the zesty cottage cheese. Garnish with a sprinkle of the parsley and dig in, Chef!