



UCCOOK

Silky Ruby Beetroot & Beef Strips

with roasted baby carrots

Hands-on Time: 40 minutes

Overall Time: 50 minutes

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

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	318kJ	1950kJ
Energy	76kcal	467kcal
Protein	7.8g	47.8g
Carbs	8g	49.1g
of which sugars	2.4g	14.5g
Fibre	1.7g	10.6g
Fat	1g	6.2g
of which saturated	0.4g	2.6g
Sodium	58mg	358mg

Allergens: Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
360g	480g	Baby Carrots <i>rinse & trim</i>
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
240g	320g	Corn
300g	400g	Beetroot <i>rinse, trim, peel & cut into bite-sized pieces</i>
90ml	120ml	Low Fat Cottage Cheese
120ml	160ml	Low Fat Plain Yoghurt
450g	600g	Beef Strips
15ml	20ml	Dried Oregano
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

Cooking Spray

Paper Towel

Blender

1. ROAST Preheat the oven to 200°C. Spread the baby carrots, onion, and corn on a roasting tray. Lightly coat with cooking spray and season. Roast in the hot oven until lightly golden and cooked through, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. BEETROOT Place the beetroot in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, reserving a cup of the water. Place the beetroot, cottage cheese, and yoghurt in a blender and blend until smooth. Loosen with the reserved water until desired consistency and season.

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

4. TIME TO EAT Bowl up the silky beetroot, top with the roast, and the beef strips. Garnish with a sprinkle of the parsley and dig in, Chef!