

UCCOOK

Chermoula Beef Strips & Beet Salad

with fresh spring onion

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Calorie Conscious: Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	366kJ	2082kJ
Energy	88kcal	498kcal
Protein	8.6g	48.7g
Carbs	6g	34g
of which sugars	2g	11g
Fibre	2g	13g
Fat	3.5g	20g
of which saturated	1.2g	7.1g
Sodium	145mg	823mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None



Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Beetroot <i>rinse, trim, peel (optional) & cut into half-moons</i>
450g	600g	Beef Strips
45ml	60ml	Pesto Princess Chermoula Paste
150ml	200ml	Low Fat Plain Yoghurt
2	2	Spring Onions <i>rinse, trim & finely slice</i>
30ml	40ml	Lemon Juice
15ml	20ml	Dried Oregano
75g	100g	Sun-dried Tomatoes <i>roughly chop</i>
60g	80g	Green Leaves <i>rinse</i>
150g	200g	Artichoke Quarters <i>rinse & cut into thin wedges</i>
60g	80g	Danish-style Feta <i>drain</i>

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Cooking Spray (or oil of your choice)

Paper Towel

1. UN-BEETABLE Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Lightly coat in cooking spray or oil and season. 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).

2. BROWNED BEEF Place a pan over high heat. Pat the beef strips dry with paper towel and lightly coat with cooking spray or oil. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). You may need to do this in batches. Remove from the pan and season.

3. A TASTY TRICK In a bowl, mix together the chermoula, the yoghurt and the spring onion (to taste). Season well. When the beef strips are finished and removed from the heat, toss them through the chermoula yoghurt. Add a splash of water if you feel the sauce is too thick.

4. ZESTY SALAD In a salad bowl, combine the lemon juice and oregano. Toss through the sun-dried tomatoes, green leaves and artichokes. Season and set aside.

5. WELL DONE, CHEF! Plate up the dressed salad with the roasted beets. Top the salad with the feta and side with the creamy chermoula beef strips. Grubs up, Chef!