

# UCOOK

## Beetroot & Beef Salad

with red pepper pesto

Salad can either be a bit monotonous or really mouthwatering. The difference is using interesting ingredients, complementing textures, and an elevated dressing. We show you how with this superb salad, made with oven-roasted beetroot, toasted almonds, creamy feta, browned beef, baby marrow ribbons, and drizzles of red pepper pesto sauce.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Kelly Fletcher

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 Carb Conscious

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## Ingredients & Prep

600g	Beetroot <i>rinsed, trimmed, peeled (optional) &amp; cut into bite-sized pieces</i>
30g	Almonds <i>roughly chopped</i>
52,5ml	Honey-mustard Dressing <i>(30ml White Wine Vinegar, 15ml Honey &amp; 7,5ml Wholegrain Mustard)</i>
60g	Green Leaves <i>rinsed &amp; roughly shredded</i>
300g	Baby Marrow <i>rinsed, trimmed &amp; peeled into ribbons</i>
90g	Danish-style Feta <i>drained &amp; crumbled</i>
90ml	Pesto Princess Red Pepper Pesto
450g	Free-range Beef Strips <i>patted dry with paper towel &amp; cut into bite-sized pieces</i>

## From Your Kitchen

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

**1. CRISPY BEET** Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

**2. ADD SOME CRUNCH** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. ALL TOGETHER** In a salad bowl, combine the honey-mustard dressing with a drizzle of olive oil and seasoning. Toss through the shredded leaves, the baby marrow ribbons, the crumbled feta, and ½ the toasted nuts. Set aside.

**4. RED PESTO SAUCE** Loosen the red pesto with a drizzle of olive oil and a splash of warm water until drizzling consistency.

**5. BROWNED BEEF** Return the pan to high heat with a drizzle of oil. When hot, sear the beef until browned, 2-3 minutes (shifting occasionally). Remove from the pan. Season and set aside. You may need to do this step in batches.

**6. SENSATIONAL SALAD** Plate up the dressed baby marrow salad and top with the cooked beef, the beetroot, and the crumbled feta. Drizzle over the loosened red pesto. Garnish with the remaining almonds.



## Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	417kJ
Energy	100kcal
Protein	9.2g
Carbs	5g
of which sugars	2.3g
Fibre	1.7g
Fat	3.7g
of which saturated	1.4g
Sodium	179mg

## Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook  
within  
4 Days