

Eat Within 4 Days

UCOOK

Honey-mustard Beef Salad

with potato & crispy onion bits

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Muratie Wine Estate | Muratie Laurens Campher Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	519kJ	3408kJ
Energy	124kcal	815kcal
Protein	7.1g	46.9g
Carbs	11g	69g
of which sugars	2.1g	13.6g
Fibre	2.3g	15.2g
Fat	4.6g	30.4g
of which saturated	1.4g	9.2g
Sodium	89mg	581mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato *rinse, peel (optional) & cut into bite-sized pieces*
10ml	20ml	Spice Mix *(5ml [10ml] Smoked Paprika & 5ml [10ml] Garlic Powder)*
40g	80g	Corn
150g	300g	Beef Rump Strips
40g	80g	Green Leaves *rinse & roughly shred*
1	1	Tomato *rinse & roughly dice ½ [1]*
50g	100g	Cucumber *rinse & cut into half-moons*
20g	40g	Danish-style Feta *drain & crumble*
40ml	80ml	Honey Mustard Dressing
5g	10g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. ROAST Coat the potato in oil, the spice mix, and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway). Alternatively, preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. CORN In a bowl, combine the corn with a drizzle of oil and season. When the roast has 4-5 minutes remaining, scatter over the corn and roast for the remaining time until lightly golden.

3. FRY THE BEEF Place a pan over high heat with a drizzle of oil and a knob of butter. Pat the beef strips dry with paper towel and season. When hot, fry the beef strips until browned, 20-30 seconds (shifting occasionally). Remove from the pan and reserve any pan juices.

4. TIME TO EAT Make a bed of the green leaves, top with the roast, beef strips with pan juices (to taste), scatter over the tomato/es, cucumber, feta, drizzle over the dressing (to taste), and sprinkle over the crispy onion bits. Dig in, Chef!