

# UCOOK

## Miso Beef Salad

**with roasted sweet potato, green beans & edamame**

A bed of fresh salad leaves is adorned with juicy beef slices, sweet potato half-moons, crunchy green beans, and dots of edamame. Sprinkled with toasted sesame seeds and served with a next level ginger-miso & yoghurt dressing. And the best part? It's quick sticks, too!

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People

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**Chef:** Rhea Hsu

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 Quick & Easy

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 Strandveld | The Navigator Red Blend

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## Ingredients & Prep

500g	Sweet Potato <i>rinsed &amp; cut into thin half-moons</i>
20g	Fresh Ginger
8g	Fresh Coriander
160g	Green Beans
40g	Salad Leaves
10ml	Miso Paste
50ml	Asian Dressing <i>(20ml Rice Wine Vinegar, 10ml Honey &amp; 20ml Sesame Oil)</i>
60ml	Low Fat Plain Yoghurt
10ml	Mixed Sesame Seeds
80g	Edamame Beans
300g	Free-range Beef Schnitzel (without crumb)

## From Your Kitchen

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

**1. SWEET POTATO** Preheat the oven to 200°C. Spread the sweet potato half-moons on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through and crisp, 20-25 minutes (shifting halfway).

**2. PREP STEP** Peel and grate the ginger. Rinse and pick the coriander. Rinse, trim, and halve the green beans. Rinse and roughly shred the salad leaves.

**3. BEST DRESSED GOES TO: MISO!** In a small bowl, loosen the miso paste with the Asian dressing. Add the yoghurt, the grated ginger (to taste), and seasoning. Loosen with a splash of water. Set aside.

**4. JUST SAY SESAME** Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**5. GOING GREEN** Return the pan to a medium-high heat with a splash of water. When starting to bubble, simmer the halved green beans until cooked al dente, 3-4 minutes. In the final 1-2 minutes, add the edamame beans. Remove from the pan and season.

**6. JUICY & TENDER** Return the pan to a medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, fry the schnitzel until browned, 30-60 seconds per side. In the final 30 seconds, baste in a knob of butter (optional). Remove from the pan, slice, and season.

**7. ALL TOGETHER NOW** Make a bed of the shredded salad leaves. Scatter over the sweet potato half-moons, the green beans, the edamame, and the schnitzel slices. Sprinkle over the toasted sesame seeds, and garnish with the picked coriander. Serve with the miso dressing. Delish, Chef!



## Chef's Tip

Air fryer method: Coat the sweet potato in oil, season, and air fry at 200°C until cooked through and crispy, 15-20 minutes.

## Nutritional Information

Per 100g

Energy	428kJ
Energy	102kcal
Protein	7.7g
Carbs	10g
of which sugars	4.1g
Fibre	1.8g
Fat	2.9g
of which saturated	0.6g
Sodium	74mg

## Allergens

Gluten, Dairy, Sesame, Wheat,  
Sulphites, Soy

Cook  
within 3  
Days