

UCCOOK

Tender Beef Strips & Potato Mash

with a fresh cabbage salad

Hands-on Time: 30 minutes

Overall Time: 45 minutes

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

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	350kj	2025kj
Energy	84kcal	484kcal
Protein	8.1g	47g
Carbs	9g	52g
of which sugars	1g	8g
Fibre	2g	10g
Fat	1.4g	8.3g
of which saturated	0.4g	2.4g
Sodium	138.4mg	800.6mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

600g	800g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
150ml	200ml	Low Fat Plain Yoghurt
30ml	40ml	Lemon Juice
300g	400g	Cabbage <i>rinse & thinly slice</i>
15g	20g	Almonds <i>roughly chop</i>
450g	600g	Beef Strips
30ml	40ml	NOMU Cajun Rub
120g	160g	Artichoke Quarters <i>drain & slice</i>

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

- 1. MAKE THE MASH** Place the potato in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a splash of water. Mash with a fork, season, and cover.
- 2. ZESTY CABBAGE SALAD** Loosen the yoghurt with 3 [4] tbsp of water and set aside. In a bowl, combine the lemon juice, and the cabbage.
- 3. CRUNCH FACTOR** 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.
- 4. CREAMY BEEF** Place a pan over high heat, and lightly coat with cooking spray. Pat the beef strips dry with paper towel. When hot, add the beef strips to the pan along with the NOMU rub. Cook until browned, 20-30 seconds (shifting occasionally). You may need to do this step in batches. Remove from the pan, add the loosened yoghurt, and seasoning.
- 5. GRAB THE GREENS** Just before serving, add the artichokes to the bowl with the cabbage. Add seasoning and toss to combine.
- 6. TA-DA!** Plate up the mash. Side with the creamy strips and the cabbage salad. Scatter over the nuts.