

# QCOOK

## Beef & Creamy Beet Bowl

with a fresh salad & roasted almonds

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Jenna Peoples

**Wine Pairing:** Waterford Estate | Waterford Pecan Stream Sauvignon Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	596kJ	3125kJ
Energy	142kcal	747kcal
Protein	8g	42g
Carbs	5g	27g
of which sugars	1.9g	10g
Fibre	1.6g	8.5g
Fat	7.8g	41.1g
of which saturated	1.1g	5.8g
Sodium	127mg	666mg

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

**Spice Level:** None

Eat Within 4 Days



## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
600g	800g	Beetroot <i>trim, peel (optional) &amp; cut into bite-sized pieces</i>
30g	40g	Almonds <i>roughly chop</i>
480g	640g	Beef Rump
15ml	20ml	NOMU One For All Rub
150ml	200ml	Creamy Mustard <i>(135ml [180ml] Mayo &amp; 15ml [20ml] Dijon Mustard)</i>
2	2	Spring Onions <i>rinse, trim &amp; finely slice</i>
30ml	40ml	Lemon Juice
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
150g	200g	Cucumber <i>rinse &amp; cut into rounds</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (Salt & Pepper)  
Water  
Paper Towel  
Butter  
Sugar/Sweetener/Honey

- 1. BEGIN THE BEETS** Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).
- 2. ALL THE ALMONDS** 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. SIZZLING STEAK** When the beetroot has 5-10 minutes remaining, place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.
- 4. MUSTARD DRESSING** Once the beetroot has finished roasting, remove from the oven and transfer into a bowl. While they are still warm, mix in the creamy mustard, ½ the spring onion and some lemon juice (to taste). Season and set aside.
- 5. NUTTY SALAD** In a bowl, mix together the salad leaves, cucumber, almonds, olive oil, a sweetener (to taste), and the remaining lemon juice (to taste). Season.
- 6. SO SATISFYING** Make a bed of nutty salad. Side with the creamy beets and steak slices. Garnish with the remaining spring onion. Yum, Chef!