



# UCCOOK

## Balsamic Beef & Beetroot Winter Salad

with cannellini beans & kale

**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Jenna Peoples

**Wine Pairing:** Creation Wines | Creation Pinot Noir

### Nutritional Info

	Per 100g	Per Portion
Energy	576kJ	2589kJ
Energy	138kcal	619kcal
Protein	9.6g	43.3g
Carbs	8g	37g
of which sugars	1.6g	7.3g
Fibre	3.1g	13.8g
Fat	5.2g	23.2g
of which saturated	1g	4.6g
Sodium	152mg	681mg

**Allergens:** Allium, Sulphites, Tree Nuts

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Beef Rump Strips
60ml	80ml	Balsamic Vinegar
30g	40g	Walnuts <i>roughly chop</i>
150g	200g	Kale <i>rinse &amp; roughly chop</i>
300g	400g	Beetroot Chunks
15ml	20ml	NOMU One For All Rub
60g	80g	Green Leaves <i>rinse</i>
180g	240g	Cannellini Beans <i>drain &amp; rinse</i>
120ml	160ml	Avocado Hummus

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel  
Sugar/Sweetener/Honey

**1. BALSAMIC BEEF & WALNUTS** Preheat the oven to 220°C. Pat the beef strips dry with paper towel. Place them in a bowl with a crack of black pepper, the balsamic vinegar and a sweetener (to taste). Cover and set aside. Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. ON TO THE KALE** Place the kale in a bowl with a drizzle of olive oil and seasoning. Using your hands, massage until softened and coated.

**3. UNBEETABLE** Spread the beetroot on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). When the beetroot has 10 minutes remaining, give the tray a shift and return to the oven. Pop in the tray of dressed kale and roast for the remaining time.

**4. BROWN THE BEEF STRIPS** When the veg has 5 minutes remaining, return the pan to high heat with a drizzle of oil. Remove the beef strips from the balsamic marinade, reserving the liquid, and sear until browned, 20-30 seconds (shifting occasionally). Remove the pan from the heat and add the balsamic marinade, letting it deglaze in the hot pan.

**5. SENSATIONAL SALAD** In a salad bowl, toss together the crispy kale and green leaves. Top them with the beetroot, the cannellini beans and the balsamic beef strips (and any remaining pan juices). Sprinkle over the walnuts. Finish it off with a dollop of hummus. Yum Chef, let's dig in!