



UCCOOK

Mexican Beef Strips & Charred Veg

with spicy chipotle yoghurt & avo hummus

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Calorie Conscious: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	372kj	2070kj
Energy	89kcal	495kcal
Protein	9g	50.1g
Carbs	8g	44g
of which sugars	1g	7g
Fibre	2g	12g
Fat	2.1g	11.5g
of which saturated	0.5g	2.5g
Sodium	154mg	857mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Moderate

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
120g	160g	Kale <i>rinse & roughly shred</i>
450g	600g	Beetroot <i>rinse, trim, peel (optional) & cut into small bite-sized pieces</i>
450g	600g	Beef Rump Strips
120g	160g	Corn
15ml	20ml	Old Stone Mill Mexican Spice
180g	240g	Black Beans <i>drain & rinse</i>
150ml	200ml	Low Fat Plain Yoghurt
15g	20g	Chipotle Chillies In Adobo <i>finely chop</i>
15ml	20ml	Lime Juice
120ml	160ml	Avocado Hummus

From Your Kitchen

Seasoning (salt & pepper)
Water
Paper Towel
Butter
Sugar/Sweetener/Honey
Cooking Spray (or oil of your choice)

1. ROAST Preheat the oven to 200°C. Place the kale in a bowl with a drizzle of olive oil and seasoning. Using your hands, massage until softened and coated. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

2. FRY THE STRIPS When the roast has 10-15 minutes remaining, place a pan over medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear until browned, 20-30 seconds (shifting occasionally). In the final 15 seconds, baste with a knob of butter. Remove from the pan and season.

3. FRY THE CORN & BEANS Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the corn until lightly charred, 4-5 minutes (shifting occasionally). In the final 2-3 minutes, add the Mexican spice mix and the beans. Mix until warmed through. Remove from the heat and season.

4. SPICY YOGHURT When the beetroot has 10 minutes remaining, give the tray a shift and scatter over the dressed kale. Roast for the remaining time. In a small bowl, combine the yoghurt and the chipotle (to taste). Add a splash of water until drizzling consistency, a sweetener (to taste), and seasoning.

5. JUST BEFORE SERVING Toss together the roasted beetroot and kale, the corn and beans, the beef strips, the lime juice, and seasoning. In a small bowl, season the avo hummus.

6. SPICY DINNER Bowl up the loaded beef strips, drizzle over the spicy yoghurt, cover with dollops of avo hummus, and that's it, Chef. Enjoy!