



UCOOK

Chilli Mango & Beef Salad

with quinoa & spring onion

There's no better way to start the new year than with a new (but sensational) salad recipe. It's easy to make, easy to impress others with, and even easier to eat! That's because of the winning combo of sweet mango, nutty quinoa, butter-basted beef slices, fresh greens, chilli & herbs - all coated in a tantalising tangy dressing.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Morgan Otten

 Fan Faves

 Alvi's Drift | 221 Chenin Blanc

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Ingredients & Prep

75ml	Quinoa <i>rinsed</i>
30ml	Tangy Dressing <i>(5ml Sesame Oil & 25ml Lime Juice)</i>
1	Fresh Chilli <i>rinsed, trimmed, deseeded & finely chopped</i>
1	Spring Onion <i>rinsed, trimmed & finely sliced, keeping the white & green parts separate</i>
3g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
150g	Free-range Beef Schnitzel (without crumb)
10ml	NOMU One For All Rub
20g	Green Leaves <i>rinsed & shredded</i>
100g	Fresh Mango Fingers <i>cut into bite-sized pieces</i>

From Your Kitchen

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

1. QUICK QUINOA Place the rinsed quinoa in a pot with 150ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. HERBY CHILLI DRESSING In a small bowl, combine the tangy dressing with a drizzle of oil, the chopped chilli (to taste), the spring onion whites, the chopped coriander, a sweetener, and seasoning. Set aside.

3. NOMU-SPICED SCHNITZEL Place a pan over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 30-60 seconds per side. In the final 30 seconds, baste with a knob of butter and the NOMU rub. Season, remove from the pan, reserving any pan juices, and thinly slice.

4. GO FOR MANGO To the cooked quinoa, add the shredded leaves, the mango pieces, and the coriander & tangy chilli dressing. Set aside.

5. PRETTY ON A PLATE Plate up the mango quinoa salad. Drizzle over any remaining dressing. Top with the sliced beef, drizzle with any reserved pan juices, and garnish with the spring onion greens.

Nutritional Information

Per 100g

Energy	591kJ
Energy	141kcal
Protein	11.9g
Carbs	16g
of which sugars	4.4g
Fibre	2g
Fat	3.4g
of which saturated	0.6g
Sodium	112mg

Allergens

Dairy, Allium, Sesame

Cook
within 1
Day