



UCCOOK

Chermoula Beef Strips & Beet Salad

with fresh coriander

Hands-on Time: 40 minutes

Overall Time: 55 minutes

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

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	352kj	1987kj
Energy	84kcal	475kcal
Protein	8.7g	49.2g
Carbs	4g	22g
of which sugars	1g	5g
Fibre	1g	8g
Fat	3.1g	17.3g
of which saturated	1.4g	7.7g
Sodium	194.1mg	1095mg

Allergens: Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Beetroot <i>rinse, trim, peel (optional) & cut into half-moons</i>
450g	600g	Beef Strips
22,5ml	30ml	NOMU Cajun Rub
30ml	40ml	Pesto Princess Chermoula Paste
150ml	200ml	Low Fat Plain Yoghurt
8g	10g	Fresh Coriander <i>rinse & roughly chop</i>
60g	80g	Green Leaves <i>rinse</i>
240g	320g	Baby Tomatoes <i>rinse & halve</i>
90g	120g	Danish-style Feta <i>drain</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

Cooking Spray

1. UN-BEETABLE Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in cooking spray and season. 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).

2. NOMU-SPICED BEEF Place a pan over high heat and lightly add cooking spray. Pat the beef strips dry with paper towel and coat in the NOMU rub. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season.

3. A TASTY TRICK In a bowl, mix together the chermoula, the yoghurt and ½ the coriander. Season well. When the beef strips are finished and removed from the heat, toss them through the chermoula yoghurt. Add a splash of water if you feel the sauce is too thick.

4. WELL DONE, CHEF! Plate up the green leaves, topped with the baby tomatoes and the roasted beets. Toss together and top the salad with the feta. Side with the creamy chermoula beef strips. Grubs up, Chef!