



UCCOOK

Roasted Beets & Beef Bowl

with crispy kale

Hands-on Time: 40 minutes

Overall Time: 55 minutes

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

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	330kj	1892kj
Energy	79kcal	453kcal
Protein	6.9g	39.3g
Carbs	3g	20g
of which sugars	1g	6g
Fibre	1g	6g
Fat	2g	11.2g
of which saturated	0.7g	4g
Sodium	57.5mg	329.5mg

Allergens: Cow's Milk

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
150g	200g	Kale <i>rinse & roughly shred</i>
450g	600g	Beef Rump Strips
2	2	Tomatoes <i>rinse & cut into bite-sized pieces</i>
150g	200g	Cucumber <i>rinse & roughly dice</i>
125ml	160ml	Low Fat Plain Yoghurt
30ml	40ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. BEGIN THE BEET 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). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. CRISPY KALE Place the kale on a second roasting tray with a drizzle of oil and seasoning.) Using your hands, gently massage until softened and coated. When the beetroot has 6-8 minutes remaining, pop in the kale and roast for the remaining time.

3. BROWNE BEEF STRIPS Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season. You may need to do this step in batches.

4. SIMPLE SALAD & ZESTY YOGHURT In a bowl, combine the tomato, the cucumber, and the seasoning. In a separate bowl, combine the yoghurt, the lemon juice to taste, and seasoning.

5. YOU'RE DONE! Serve up the roasted veg. Side with the fried strips, and the chunky cucumber salad. Dollop over the lemony yoghurt.