



# UCCOOK

## Lentil & Beef Strips Bowl

with roasted cabbage

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**\*New Calorie Conscious:** Serves 1 & 2

**Chef:** Kate Gomba

### Nutritional Info

	Per 100g	Per Portion
Energy	341kj	2064kj
Energy	81kcal	494kcal
Protein	8.4g	50.9g
Carbs	9g	54g
of which sugars	3g	18g
Fibre	3g	18g
Fat	0.9g	5.4g
of which saturated	0.3g	1.8g
Sodium	93.1mg	564.2mg

**Allergens:** Allium, Sulphites

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
60g	120g	Tinned Lentils <i>drain &amp; rinse</i>
100g	200g	Cabbage <i>rinse &amp; chop into bite-sized chunks</i>
1	1	Onion <i>peel &amp; cut ½ [1] into wedges</i>
10ml	20ml	NOMU BBQ Rub
150g	300g	Beef Strips
100g	200g	Cucumber <i>rinse &amp; cut into half-moons</i>
20g	40g	Green Leaves <i>rinse</i>
20ml	40ml	Balsamic Vinegar

## From Your Kitchen

Cooking Spray  
Seasoning (salt & pepper)  
Water  
Paper Towel

1. **ONE TRAY** Preheat the oven to 200°C. Spread the lentils, the cabbage, and the onion on a roasting tray. Lightly coat in cooking spray, the NOMU rub, and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. **MMMEAT** Place a pan over high heat and lightly add cooking spray. 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.

3. **ALL TOGETHER** In a bowl, combine the cucumber, the green leaves, the balsamic vinegar, and seasoning. Mix in the roast, the beef strips, and toss to combine.

4. **DINNER IS READY** Bowl the loaded roast and tuck in, Chef!