



UCOOK

Spicy Asian BBQ Beef Salad & Fries

with avocado, pickled ginger & spring
onion

Asian BBQ sauce-covered beef strips are
dished up on a salad medley made from fresh
greens, charred corn and carrot ribbons. This
is topped with pickled ginger, coriander &
spring onion. Sided with crispy thick-cut fries.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 Waterkloof | Circumstance Viognier

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Ingredients & Prep

200g	Potato <i>peeled & cut into thick fries</i>
1	Avocado
50g	Corn
150g	Free-range Beef Schnitzel (without crumb) <i>cut into 1-2 cm thick strips</i>
1	Garlic Clove <i>peeled & grated</i>
30ml	Asian BBQ Sauce
20g	Green Leaves <i>rinsed</i>
120g	Carrot <i>½ rinsed, trimmed & peeled into ribbons</i>
10g	Pickled Ginger <i>drained & roughly chopped</i>
3g	Fresh Coriander <i>rinsed & picked</i>
1	Spring Onion <i>rinsed & finely sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. FIRST? THE FRIES Preheat the oven to 200°C. Spread the potato fries on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. A IS FOR AVO Halve the avocado and set aside half for another meal. Peel the skin off, keeping the flesh intact. Dice the avocado and season.

3. MAKE SOME MIELIES Place a pan over high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. BBQ BEEF Return the pan to medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, add the beef strips and the grated garlic, and fry until browned, 1-2 minutes (shifting occasionally). Remove from the heat and toss through the BBQ sauce.

5. ALL TOGETHER NOW In a bowl, combine the diced avo, the rinsed green leaves, the carrot ribbons, the charred corn, a drizzle of olive oil, and seasoning.

6. GRAB A FORK Plate up the potato fries. Side with the fresh salad topped with the BBQ beef. Sprinkle over the chopped pickled ginger, the picked coriander, and the sliced spring onion. Delish, Chef!



Chef's Tip

Air fryer method: Coat the potato fries in oil and season. Air fry at 200°C until crispy, 20-25 minutes.

Nutritional Information

Per 100g

Energy	432kj
Energy	103kcal
Protein	6.3g
Carbs	12g
of which sugars	3.8g
Fibre	2.8g
Fat	3.5g
of which saturated	0.6g
Sodium	47mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Cook
within
4 Days