



UCOOK

Beef & Spicy Stuffed Gem Squash

with a chunky tomato & cucumber salad

Put away the butter & sugar, and let's show you the unique UCOOK way of stuffing oven-roasted gem squash. We're talking golden-charred pops of corn, a kick of pickled jalapeños & cream cheese. Sided with juicy, seared sirloin and a refreshingly zesty baby tomato, cucumber & mint salad.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Jade Summers

*New Calorie Conscious

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Ingredients & Prep

3	Gem Squash <i>rinse, halve & deseed</i>
90g	Corn
30g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
90ml	Low Fat Cottage Cheese
480g	Beef Sirloin
240g	Baby Tomatoes <i>rinse & cut in half</i>
300g	Cucumber <i>rinse & cut into bite-sized pieces</i>
8g	Fresh Mint <i>rinse, pick & roughly chop</i>
45ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. GEM SQUASH Preheat the oven to 200°C. Place the de-seeded gem squash halves on a roasting tray, cut-side up. Lightly drizzle with oil and season. Roast in the hot oven until soft, 30-35 minutes. Alternatively, air fry at 200°C until cooked through, 20-25 minutes.

2. CHILLI-CHEESE CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the heat and add the chopped jalapeños (to taste), the cottage cheese, and seasoning. Spoon into the roasted gem squash and set aside.

3. SEARED STEAK Return the pan, wiped out, to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. CHUNKY CUCUMBER SALAD In a bowl, combine the halved tomato, the cucumber pieces, the chopped mint, the lemon juice, and season.

5. THE STUFF OF FOODIE LEGENDS Plate up the stuffed gem squash. Side with the cucumber salad and the sliced steak. Enjoy!

Nutritional Information

Per 100g

Energy	310kJ
Energy	74kcal
Protein	6.6g
Carbs	3g
of which sugars	1g
Fibre	1g
Fat	1.4g
of which saturated	0.5g
Sodium	35.6mg

Allergens

Cow's Milk, Sulphites

Eat
Within
4 Days