



# UCCOOK

## Mexican Beef Strips & Charred Veg

with spicy chipotle yoghurt & avo hummus

**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

**Calorie Conscious:** Serves 1 & 2

**Chef:** Kate Gomba

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 372kj    | 2070kj      |
| Energy             | 89kcal   | 495kcal     |
| Protein            | 9g       | 50.1g       |
| Carbs              | 8g       | 44g         |
| of which sugars    | 1g       | 7g          |
| Fibre              | 2g       | 12g         |
| Fat                | 2.1g     | 11.5g       |
| of which saturated | 0.5g     | 2.5g        |
| Sodium             | 154mg    | 857mg       |

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** Moderate

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                            |
|----------|------------|--------------------------------------------------------------------------------------------|
| 40g      | 80g        | Kale<br><i>rinse &amp; roughly shred</i>                                                   |
| 150g     | 300g       | Beetroot<br><i>rinse, trim, peel (optional)<br/>&amp; cut into small bite-sized pieces</i> |
| 150g     | 300g       | Beef Rump Strips                                                                           |
| 40g      | 80g        | Corn                                                                                       |
| 5ml      | 10ml       | Old Stone Mill Mexican Spice                                                               |
| 60g      | 120g       | Black Beans<br><i>drain &amp; rinse</i>                                                    |
| 50ml     | 100ml      | Low Fat Plain Yoghurt                                                                      |
| 5g       | 10g        | Chipotle Chillies In Adobo<br><i>finely chop</i>                                           |
| 5ml      | 10ml       | Lime Juice                                                                                 |
| 40ml     | 80ml       | Avocado Hummus                                                                             |

## From Your Kitchen

Seasoning (salt & pepper)  
Water  
Paper Towel  
Butter  
Sugar/Sweetener/Honey  
Cooking Spray (or oil of your choice)

**1. ROAST** Preheat the oven to 200°C. Place the kale in a bowl with a drizzle of olive oil and seasoning. Using your hands, massage until softened and coated. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

**2. FRY THE STRIPS** When the roast has 10-15 minutes remaining, place a pan over medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear until browned, 20-30 seconds (shifting occasionally). In the final 15 seconds, baste with a knob of butter. Remove from the pan and season.

**3. FRY THE CORN & BEANS** Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the corn until lightly charred, 4-5 minutes (shifting occasionally). In the final 2-3 minutes, add the Mexican spice mix and the beans. Mix until warmed through. Remove from the heat and season.

**4. SPICY YOGHURT** When the beetroot has 10 minutes remaining, give the tray a shift and scatter over the dressed kale. Roast for the remaining time. In a small bowl, combine the yoghurt and the chipotle (to taste). Add a splash of water until drizzling consistency, a sweetener (to taste), and seasoning.

**5. JUST BEFORE SERVING** Toss together the roasted beetroot and kale, the corn and beans, the beef strips, the lime juice, and seasoning. In a small bowl, season the avo hummus.

**6. SPICY DINNER** Bowl up the loaded beef strips, drizzle over the spicy yoghurt, cover with dollops of avo hummus, and that's it, Chef. Enjoy!