

UCCOOK

Creamy Green Sauce & Beef Dinner

with charred baby marrow & crispy chickpeas

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Calorie Conscious: Serves 3 & 4

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	362kj	1886kj
Energy	87kcal	451kcal
Protein	9.9g	51.6g
Carbs	7g	37g
of which sugars	2g	10g
Fibre	2g	11g
Fat	1.5g	8.1g
of which saturated	0.6g	2.9g
Sodium	74mg	383mg

Allergens: Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
180g	240g	Chickpeas <i>drain & rinse</i>
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
120g	160g	Kale <i>rinse & shred</i>
300g	400g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces on the diagonal</i>
450g	600g	Beef Strips
15ml	20ml	NOMU Roast Rub
120g	160g	Peas
2	2	Garlic Cloves <i>peel & grate</i>
120ml	160ml	Greek Yoghurt

From Your Kitchen

Seasoning (salt & pepper)
Water
Paper Towel
Blender (optional)
Cooking Spray

1. CHICK & ONION Place a pan over medium-high heat with a light spray of cooking oil. When hot, add the chickpeas and onion and lightly coat with cooking spray. Fry until crispy and golden, 10-12 minutes (shifting occasionally). If the chickpeas start to pop out, use a lid to rein them in. Add the kale and sauté, 2-3 minutes, shifting as it wilts. Remove from the pan and season. Alternatively, air fry at 200°C until cooked through and crispy, 20-25 minutes (shifting halfway).

2. MARROWS Return the pan to medium-high heat. Add the baby marrow and lightly coat with cooking spray. Cook until lightly charred, 5-6 minutes (shifting occasionally). Remove from the pan and season.

3. BEEF Return the pan to medium heat. Pat the beef dry with paper towel. Coat with cooking spray and NOMU rub. Fry for 30-60 seconds each side. You may need to do this step in batches. Remove from the pan and set aside.

4. CREAMY GREEN SAUCE Return the pan to medium heat and fry the peas and the garlic until fragrant, 1-2 minutes. Remove from the pan and add to the blender along with the yoghurt and 6 [8] tbsp of water. Pulse until a smooth sauce. Remove from the blender, season, and set aside. Alternatively, add the garlicky peas and the yoghurt to a bowl. Mash with a fork or a potato masher until combined. Loosen with 6 [8] tbsp of water, mix to combine and season.

5. CLASSIC COOKING Plate up the crispy kale, top with the baby marrow, the beef strips and the chickpeas. Dollop over the creamy green sauce. Dinner is served, Chef!