

UCCOOK

Greek Beef Strips Salad

with a zingy red wine vinegar dressing

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Calorie Conscious: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	377kJ	2022kJ
Energy	90kcal	484kcal
Protein	9.3g	50g
Carbs	7g	39g
of which sugars	1g	7g
Fibre	2g	10g
Fat	2.1g	11.4g
of which saturated	1g	5.2g
Sodium	70mg	377mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50ml	100ml	Couscous
100g	200g	Kale <i>rinse & roughly shred</i>
150g	300g	Beef Strips
100g	200g	Cucumber <i>rinse & cut into bite-sized chunks</i>
100g	200g	Baby Tomatoes <i>rinse & quarter</i>
20ml	40ml	Red Wine Vinegar
20g	40g	Danish-style Feta <i>drain</i>
5ml	10ml	Dried Oregano

From Your Kitchen

Seasoning (salt & pepper)
Water
Cooking Spray
Paper Towel

1. FLUFFY COUSCOUS Boil the kettle. Place the couscous in a bowl with 75ml [150ml] of boiling water. Season, cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. HALE TO THE KALE Place the kale in a bowl, and lightly coat in cooking spray or oil (optional). Using your hands, massage until softened and coated. Place a pan over medium heat. When hot, fry the kale until slightly wilted, 2-3 minutes. Remove from the pan and set aside.

3. BROWN THE BEEF STRIPS Pat the beef strips dry with paper towel and lightly coat in cooking spray or oil (optional). Season well. Return the pan to medium heat and fry the beef until browned, 20-30 seconds (shifting as it colours). Remove from the pan, reserving any pan juices.

4. COLOURFUL SALAD In a large bowl, combine the red wine vinegar, oregano and black pepper (to taste). Toss through ½ the feta, the cucumber and the tomatoes. Add the couscous and kale, and gently toss with the couscous.

5. DIG INTO DELICIOUSNESS Bowl up the loaded couscous. Top with the golden beef strips and remaining feta. Yum, Chef, dinner is ready!