

UCOOK

Miso Beef Salad

with roasted sweet potato, green beans & edamame

A bed of fresh salad leaves is adorned with juicy beef slices, sweet potato half-moons, crunchy green beans, and dots of edamame. Sprinkled with toasted sesame seeds and served with a next level ginger-miso & yoghurt dressing. And the best part? It's quick sticks, too!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Rhea Hsu

 Quick & Easy

 Strandveld | The Navigator Red Blend

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Ingredients & Prep

750g	Sweet Potato <i>rinsed & cut into thin half-moons</i>
30g	Fresh Ginger
12g	Fresh Coriander
240g	Green Beans
60g	Salad Leaves
15ml	Miso Paste
75ml	Asian Dressing <i>(30ml Rice Wine Vinegar, 15ml Honey & 30ml Sesame Oil)</i>
90ml	Low Fat Plain Yoghurt
15ml	Mixed Sesame Seeds
120g	Edamame Beans
450g	Free-range Beef Schnitzel (without crumb)

From Your Kitchen

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

1. SWEET POTATO Preheat the oven to 200°C. Spread the sweet potato half-moons on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through and crisp, 25-30 minutes (shifting halfway).

2. PREP STEP Peel and grate the ginger. Rinse and pick the coriander. Rinse, trim, and halve the green beans. Rinse and roughly shred the salad leaves.

3. BEST DRESSED GOES TO: MISO! In a small bowl, loosen the miso paste with the Asian dressing. Add the yoghurt, the grated ginger (to taste), and seasoning. Loosen with a splash of water. Set aside.

4. JUST SAY SESAME Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

5. GOING GREEN Return the pan to a medium-high heat with a splash of water. When starting to bubble, simmer the halved green beans until cooked al dente, 3-4 minutes. In the final 1-2 minutes, add the edamame beans. Remove from the pan and season.

6. JUICY & TENDER Return the pan to a medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, fry the schnitzel until browned, 30-60 seconds per side. In the final 30 seconds, baste in a knob of butter (optional). Remove from the pan, slice, and season.

7. ALL TOGETHER NOW Make a bed of the shredded salad leaves. Scatter over the sweet potato half-moons, the green beans, the edamame, and the schnitzel slices. Sprinkle over the toasted sesame seeds, and garnish with the picked coriander. Serve with the miso dressing. Delish, Chef!



Chef's Tip

Air fryer method: Coat the sweet potato in oil, season, and air fry at 200°C until cooked through and crispy, 15-20 minutes.

Nutritional Information

Per 100g

Energy	428kJ
Energy	102kcal
Protein	7.7g
Carbs	10g
of which sugars	4.1g
Fibre	1.8g
Fat	2.9g
of which saturated	0.6g
Sodium	74mg

Allergens

Gluten, Dairy, Sesame, Wheat,
Sulphites, Soy

Cook
within 3
Days