

# UCCOOK

## Beef Fajita Salad

with baby marrows & bell peppers

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**\*New Calorie Conscious:** Serves 1 & 2

**Chef:** Jenna Peoples

### Nutritional Info

	Per 100g	Per Portion
Energy	380kj	2052kj
Energy	91kcal	491kcal
Protein	7.9g	42.6g
Carbs	6g	30g
of which sugars	2g	11g
Fibre	2g	11g
Fat	2.1g	11.2g
of which saturated	0.7g	3.5g
Sodium	141mg	762mg

**Allergens:** Allium

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Baby Marrow <i>rinse, trim &amp; cut into wedges</i>
1	1	Onion <i>peel &amp; cut ½ [1] into wedges</i>
1	1	Bell Pepper <i>rinse, deseed &amp; cut ½ [1] into strips</i>
150g	300g	Beef Rump Strips
20ml	40ml	Mexi Spice <i>(17,5ml [35ml] NOMU Mexican Spice Blend &amp; 2,5ml [5ml] Garlic Powder)</i>
60g	120g	Kidney Beans <i>drain &amp; rinse</i>
20g	40g	Green Leaves <i>rinse</i>

## From Your Kitchen

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

**1. VEGGIE MEDLEY** Place a pan or griddle pan over medium heat with a drizzle of oil. When hot, fry the baby marrow, onion and bell pepper until charred, 3-4 minutes per side. Season, remove from the pan and set aside to cool slightly.

**2. BEEF & MEXICAN BEANS** Return the pan to medium heat, with a drizzle of oil (if necessary). Pat the beef strips dry with paper towel. When hot, add the beef strips to the pan along with a Mexi spice and beans. Cook until the meat is browned, 20-30 seconds (shifting occasionally). Remove the pan from the heat and season.

**3. MMMEXICAN DINNER** Make a bed of green leaves. Top with the charred veg and then the Mex-spiced beef strips. Just like that, dinner is ready, Chef!