



UCCOOK

Creamy Beef & Artichoke Salad

with crème fraîche & smoked paprika

A dinner classic with touches of indulgence! Subtly sweet carrot mash pairs perfectly with a creamy paprika sauce loaded with tender beef rump strips, crème fraîche, smoked paprika, and onion. Sided with fresh green leaves for a light finish, this dish packs a flavour punch!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Kate Gomba

 Carb Conscious

 Waterkloof | False Bay Cinsault / Mourvèdre Rosé

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Ingredients & Prep

15ml	Stock & Herb Mix <i>(10ml Beef Stock & 5ml NOMU Provençal Rub)</i>
480g	Carrot <i>trimmed, peeled & cut into bite-sized pieces</i>
300g	Free-range Beef Strips
1	Onion <i>peeled & finely sliced</i>
5ml	Smoked Paprika
60ml	Crème Fraîche
15ml	Balsamic Vinegar
40g	Green Leaves <i>rinsed</i>
50g	Artichoke Halves <i>drained & roughly sliced</i>
40g	Radish <i>sliced into thin rounds</i>
20g	Almonds <i>roughly chopped</i>

From Your Kitchen

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

1. GET GOING Boil the kettle. Dilute the stock & herb mix with 240ml of boiling water and set aside. Place the carrot pieces in a pot of salted water. Bring to the boil and cook until soft, 25-30 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.

2. FRY UP Pat the beef strips dry with paper towel. Place a pan over high heat with a drizzle of oil. When hot, sear the strips until browned but not cooked through, 1-2 minutes. Season and set aside in a bowl.

3. SMOKY NOTES Return the pan to a medium heat with a drizzle of oil. When hot, sauté the sliced onion until soft, 3-4 minutes (shifting occasionally). Add the smoked paprika and sauté until fragrant, 30-60 seconds. Gradually mix in the diluted stock mix, stirring continuously to prevent lumps. Bring to a simmer and cook until thickened, 4-5 minutes (stirring occasionally).

4. SO CRÈME-Y! When the sauce has thickened, add the beef and simmer until cooked through, 2-3 minutes. Stir in the crème fraîche until combined, 1-2 minutes. Season.

5. FOR THE FRESHNESS In a salad bowl, combine the vinegar, 10ml of olive oil, seasoning, the rinsed green leaves, the sliced artichokes, the radish rounds, and ½ the chopped almonds.

6. YUM! Plate up the carrot mash alongside the creamy beef. Serve with the fresh salad and garnish with the remaining almonds. Go ahead, Chef!



Chef's Tip

To toast the almonds, place in a pan over a medium heat and toast until golden brown, 2-4 minutes (shifting occasionally).

Nutritional Information

Per 100g

Energy	397kJ
Energy	95kcal
Protein	7.3g
Carbs	7g
of which sugars	3.3g
Fibre	2.4g
Fat	3.8g
of which saturated	1.7g
Sodium	71mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days