



UCCOOK

Beef Strips & Spicy Jalapeño Yoghurt

with crispy kale & butternut

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	330kj	1737kj
Energy	79kcal	416kcal
Protein	8.5g	44.8g
Carbs	7g	38g
of which sugars	2g	8g
Fibre	1g	8g
Fat	1.3g	7g
of which saturated	0.4g	2.4g
Sodium	70mg	369mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
7.5ml	15ml	Ground Cumin
40g	80g	Kale <i>rinse & roughly shred</i>
60g	120g	Black Beans <i>drain & rinse</i>
3g	5g	Fresh Parsley <i>rinse, pick & finely chop</i>
50ml	100ml	Low Fat Plain Yoghurt
10g	20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
150g	300g	Beef Strips
5ml	10ml	NOMU Mexican Spice Blend

From Your Kitchen

Cooking Spray (or oil of your choice)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. CUMIN BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Lightly coat with cooking spray or a drizzle of oil (optional), cumin, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. MAKE IT A MEDLEY Place the kale in a bowl and lightly coat in cooking spray or a drizzle of oil (optional) and seasoning. Using your hands, massage until softened and coated. When the butternut has 8-10 minutes to go, scatter over the dressed kale, beans, ½ the oregano, and roast for the remaining time until crispy.

3. SPICY SAUCE In a bowl, combine the yoghurt, the remaining oregano, and the jalapeños (to taste). Season and mix in water in 5ml increments until drizzling consistency.

4. BROWN THE BEEF STRIPS Place a pan over high heat with cooking spray or a drizzle of oil and a knob of butter. Pat the beef strips dry with paper towel, coat with the NOMU rub and season. When hot, fry the beef strips until browned, 20-30 seconds (shifting occasionally). Remove from the pan and reserve any pan juices.

5. LOOKS DELICIOUS, CHEF! Make a bed of the kale and beans. Top with the butternut, the seared beef and the pan juices (to taste). Drizzle over the creamy jalapeños and dig in!