



UCOOK

Balsamic Beef & Pear Salad

with walnuts, baby marrow & Danish-style Feta

Peppery greens are the perfect vessel for this perfectly balanced sweet & savoury dish! Balsamic-marinated beef is beautifully seared and accompanied by baby marrow strips, creamy feta and toasted walnuts.

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

♥ Health Nut

🍷 Fat Bastard | The Golden Reserve

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

20ml	Balsamic Vinegar
1	Garlic Clove <i>peeled & grated</i>
150g	Free-range Beef Schnitzel (without crumb)
10g	Walnuts
5ml	NOMU BBQ Rub
100g	Baby Marrow <i>rinsed & cut into 1cm strips</i>
1	Pear
20g	Green Leaves <i>rinsed</i>
20g	Danish-style Feta <i>drained</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. BEAUTY & THE BEEF In a bowl, add ¼ of the balsamic vinegar, the grated garlic and a sweetener of choice. Mix until fully combined. Add the beef schnitzel and toss until fully coated. Set aside to marinate for at least 5-10 minutes at room temperature.

2. TOAST & MARINATE Place the walnuts in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan and roughly chop. In a bowl, combine the rub, a drizzle of olive oil, and seasoning. Add the baby marrow strips and toss until fully coated. Set aside to marinate.

3. BRING THE HEAT Return the pan to a medium-high heat with a drizzle of oil. When hot, remove the beef from the marinade, reserving the marinade in the bowl, and fry the beef for 1-2 minutes per side until golden and cooked through to your liking. In the final minute, baste the beef with the reserved marinade. Remove from the pan on completion, season, and cut into 1cm thick strips.

4. WILL YOU MARROW ME? Return the pan to a high heat. When hot, fry the baby marrow strips for 2-3 minutes per side until slightly charred.

5. LET'S ASSEMBLE! In a salad bowl, combine the remaining vinegar, a drizzle of oil, sweetener of choice, and seasoning. Thinly slice the pear and add to the salad bowl. Add the rinsed green leaves, charred baby marrow strips, ½ the toasted walnuts, and the beef strips. Toss until fully combined.

6. DINNER IS SERVED Pile up the beautifully dressed beef and fresh pear salad. Drizzle over any remaining marinade from the pan. Crumble over the drained feta and sprinkle with the remaining walnuts. Dig in, Chef!

Nutritional Information

Per 100g

Energy	388kj
Energy	93Kcal
Protein	9.4g
Carbs	7g
of which sugars	4.4g
Fibre	1.5g
Fat	3g
of which saturated	0.8g
Sodium	91mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days