

# UCCOOK

## Moroccan Beef & Salsa

with potato chunks

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Calorie Conscious:** Serves 3 & 4

**Chef:** Ella Nasser

### Nutritional Info

	Per 100g	Per Portion
Energy	307kJ	1889kJ
Energy	74kcal	452kcal
Protein	7.7g	47.1g
Carbs	8g	47g
of which sugars	1g	9g
Fibre	1g	8g
Fat	1.1g	7g
of which saturated	0.3g	2g
Sodium	105.3mg	646.8mg

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** Moderate

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse, peel (optional) &amp; cut into bite-sized pieces</i>
60g	80g	Pitted Kalamata Olives <i>drain &amp; halve</i>
2	2	Tomatoes <i>rinse &amp; roughly dice</i>
1	1	Onion <i>peel &amp; finely dice ¾ [1]</i>
300g	400g	Cucumber <i>rinse &amp; roughly dice</i>
450g	600g	Beef Strips
15ml	20ml	NOMU Moroccan Rub
150ml	200ml	Tzatziki

## From Your Kitchen

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Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray (or oil of your choice)

**1. ROAST** Preheat the oven to 200°C. Spread the potato on a roasting tray. Lightly coat in cooking spray or a drizzle of oil (optional), and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. SIMPLE SALSA** In a bowl, combine the olives, the tomato, the onion (to taste), and the cucumber. Season and set aside.

**3. NOMU-SPICED SALSA** Place a pan over medium-high heat. Pat the beef strips dry with paper towel and lightly coat with cooking spray, or add a drizzle of oil (optional) and NOMU rub. When hot, sear the strips until browned, 20-30 seconds per side. You may need to do this step in batches. Remove from the pan and season.

**4. A TRIP TO MOROCCO** Plate up the roasted potato, top with beef strips, and the tomato salsa. Dollop over the tzatziki. A masterpiece, Chef!