



UCCOOK

Beetroot, Fig & Beef Salad

with crispy kale

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Calorie Conscious: Serves 3 & 4

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	252kj	1807kj
Energy	60kcal	432kcal
Protein	6g	43.3g
Carbs	4g	29g
of which sugars	1g	10g
Fibre	2g	12g
Fat	2g	14.4g
of which saturated	0.4g	3g
Sodium	78mg	557mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
240g	320g	Baby Tomatoes <i>rinse & cut into quarters</i>
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into bite-sized pieces</i>
150g	200g	Kale <i>rinse & roughly shred</i>
450g	600g	Beef Strips
15ml	20ml	NOMU One For All Rub
30g	40g	Dried Figs <i>roughly chop</i>
120ml	160ml	Blue Cheese Dressing

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Paper Towel

Cooking Spray

1. UNBEETABLE BEET Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Lightly spray with cooking spray and season. Roast in the hot oven until cooked through and lightly golden, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. VEGGIE MEDLEY When the beetroot reaches halfway, scatter over the tomato and pepper. Return to the oven for the remaining time. Place the kale on a separate roasting tray and lightly coat in cooking spray and seasoning. Using your hands, massage until softened and coated. When the beetroot has 10-12 minutes to go, pop the kale into the oven and roast for the remaining time until crispy.

3. SEARED STRIPS Place a pan over medium-high heat. Pat the beef strips dry with paper towel, lightly coat with cooking spray and the NOMU rub. When hot, fry the strips until browned, 30-60 seconds (shifting occasionally). Remove from the pan and season.

4. FABULOUS DISH Serve up the roasted veg and top with the spiced meat. Side with the crispy kale and scatter over the figs. Finish with a drizzle of the blue cheese dressing.