

UCCOOK

Citrus, Beef & Beetroot Salad

with almonds & pecan nuts

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Piekenierskloof | Grenache Noir

Nutritional Info

	Per 100g	Per Portion
Energy	414kJ	2934kJ
Energy	99kcal	702kcal
Protein	7.9g	56g
Carbs	7g	49g
of which sugars	3.8g	26.9g
Fibre	2g	14.5g
Fat	4.3g	30.6g
of which saturated	1.4g	9.8g
Sodium	167mg	1183mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
10g	20g	Almonds <i>roughly chop</i>
10g	20g	Pecan Nuts <i>roughly chop</i>
1	2	Orange/s <i>rinse, peel & ½ cut into segments</i>
50ml	100ml	Tangy Dressing <i>(10ml [20ml] Lemon Juice, 10ml [20ml] Dijon Mustard & 30ml [60ml] Low Fat Cottage Cheese)</i>
40g	80g	Danish-style Feta <i>drain & crumble</i>
20g	40g	Salad Leaves <i>rinse</i>
150g	300g	Beef Schnitzel (without crumb) <i>pat dry & cut into 1cm thick strips</i>
10ml	20ml	NOMU One For All Rub

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. BEGIN THE BEET Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. MIX IT UP Place the nuts into a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. TANGY ORANGE DRESSING To a bowl, add the juice from 2 [4] orange wedges. Mix in the tangy dressing along with a drizzle of olive oil and seasoning. Reserve ½ the dressing for serving. When the beetroot is done, add it to the bowl, along with the orange segments, the feta, the salad leaves, ½ the toasted nuts and toss.

4. BROWNE D BEEF Place a pan over high heat with a drizzle of oil. Add the beef strips to the pan along with a knob of butter and the NOMU rub. Cook until browned, 20-30 seconds (shifting occasionally). Remove from the pan, reserving any pan juices, and season.

5. SENSATIONAL SALAD Serve up the loaded salad and top with the beef, any pan juices, and drizzle over the reserved dressing. Finish with a garnishing of the remaining nuts.