



UCOOK

Beef & Roast Sweet Potato Salad

with avocado, tomato & a red wine vinaigrette

Stuck in a salad rut? Then this recipe will remind you how versatile a dish it can be. On a bed of dijon mustard & red wine vinaigrette dressed salad leaves lie juicy strips of browned beef & slices of creamy avo. Finished with a sprinkling of toasted seeds & salty feta crumbs.


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Rhea Hsu

 Fan Faves

 Waterford Estate | Waterford Cabernet Sauvignon

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

Ingredients & Prep

750g	Sweet Potato <i>rinsed, peeled (optional) & cut into bite-sized chunks</i>
60g	Salad Leaves
2	Tomatoes
8g	Fresh Basil
2	Avocados
1	Red Onion <i>¾ peeled & finely diced</i>
52,5ml	Vinaigrette <i>(45ml Red Wine Vinegar & 7,5ml Dijon Mustard)</i>
30g	Pumpkin Seeds
450g	Free-range Beef Rump Strips
30ml	NOMU BBQ Rub
90g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. CRISPY SWEET POTATO CHUNKS Preheat the oven to 200°C. Spread out the sweet potato chunks on a roasting tray. Coat in oil and season. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

2. SET YOUR SIGHTS ON SALAD While the sweet potato is roasting, rinse and roughly shred the salad leaves. Roughly dice 1½ of the tomatoes. Rinse and pick the basil. Roughly chop ½ the basil and set aside. Halve the avocados and set aside one of the halves containing the pip for another meal. Peel off the avocado skin, keeping the flesh intact. Slice the avocado flesh and season.

3. GET DRESSED FOR DINNER In a small bowl, add the chopped onion (to taste), the chopped basil, the vinaigrette, a drizzle of olive oil, a sweetener of choice (to taste), and seasoning. Set aside.

4. TOAST THE SEEDS, BROWN THE BEEF When the sweet potato has 8-10 minutes remaining, place the pumpkin seeds in a pan over medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan. Return the pan to a medium-high heat with a drizzle of oil and a knob of butter. When hot, add the beef strips and the rub. Fry for 1-2 minutes per side until browned. You may need to do this step in batches. Season to taste.

5. A FLAVOUR COMBINATION In a salad bowl, combine the shredded salad leaves, the diced tomatoes, the roasted sweet potato chunks, ½ the toasted pumpkin seeds, and ½ the drained feta. Pour over ½ the dressing and toss to combine.

6. SENSATIONAL SALAD Plate up the dressed salad. Top with the beef strips and the avocado slices. Scatter over the remaining pumpkin seeds and feta. Drizzle over the remaining dressing and garnish with the remaining basil leaves. Dig in, Chef!



Chef's Tip

Air fryer method: Coat the sweet potato in oil and season. Air fry at 200°C for 15-20 minutes or until cooked through and crispy.

Nutritional Information

Per 100g

Energy	488kj
Energy	117kcal
Protein	6.1g
Carbs	9g
of which sugars	3.1g
Fibre	2.5g
Fat	5.5g
of which saturated	1.5g
Sodium	128mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days