

UCOOK

Goat's Cheese & Walnut Beef Salad

with roasted butternut & onion wedges

Tangy, sweet, and soft, goat's cheese makes a welcome appearance in this dish as crumbles of creaminess scattered over dijon mustard beef strips, toasted walnuts, ribbons of cucumber and a mouthwatering medley of golden butternut half-moons & silky onion wedges. Garnished with crispy sage.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Jade Summers

Carb Conscious

Paul Cluver | Sauvignon Blanc 2023

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



Ingredients & Prep

500g	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
1	Onion <i>peel & cut into wedges</i>
20g	Walnuts <i>roughly chop</i>
10ml	Apple Cider Vinegar
10ml	Dijon Mustard
300g	Free-range Beef Strips
5g	Fresh Sage <i>rinse, pick & dry</i>
40g	Green Leaves <i>rinse & roughly shred</i>
200g	Cucumber <i>rinse & peel into ribbons</i>
50g	Chevin Goat's Cheese <i>crumble</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Paper Towel

1. BUTTERNUT Preheat the oven to 200°C. Spread the butternut half-moons and the onion wedges on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until cooked through and starting to crisp, 30-35 minutes.

2. TOASTY NUTS Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. DRESSING In a small bowl, combine the vinegar, the mustard, a drizzle of olive oil and seasoning. Set aside.

4. BUTTER & SAGE BEEF When the roast has 3-5 minutes left, place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 30-60 seconds (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the rinsed sage. Remove from the pan, reserving any pan juices and the crispy sage leaves. Season.

5. BRILLIANT DINNER Make a bed of the shredded leaves. Top with the cucumber ribbons, the roasted veg and the beef strips along with the remaining pan juices. Drizzle over the mustard dressing, and scatter over the toasted nuts and the crumbled goat's cheese. Garnish with the crispy sage. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	338kJ
Energy	81kcal
Protein	6.8g
Carbs	7g
of which sugars	2.1g
Fibre	1.5g
Fat	2.4g
of which saturated	0.8g
Sodium	42mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
4 Days