

UgCOOK

Green Bean, Artichoke & Beef Salad

with a radish & cannellini beans salad

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Calorie Conscious: Serves 1 & 2

Chef: Hellen Mwanza

Nutritional Info

	Per 100g	Per Portion
Energy	348kJ	1701kJ
Energy	83kcal	407kcal
Protein	8.6g	41.8g
Carbs	7g	35g
of which sugars	3g	15g
Fibre	2g	9g
Fat	4.8g	23.2g
of which saturated	0.6g	2.7g
Sodium	144mg	701mg

Allergens: Sulphites, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
40g	80g	Artichoke Quarters <i>drain</i>
1	1	Onion <i>peel & cut ½ [1] into thin wedges</i>
80g	160g	Green Beans <i>rinse & slice into thirds</i>
60g	120g	Cannellini Beans <i>drain & rinse</i>
150g	300g	Beef Strips
5ml	10ml	NOMU BBQ Rub
20g	40g	Radish <i>rinse & slice into thin rounds</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
1 unit	2 units	UCOOK Honey Mustard Dressing

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water
Paper Towel

1. OKE-DOKE ARTICHOKE Place a pan over medium-high heat. When hot, add the artichoke and lightly coat with cooking spray or oil (optional). Fry until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

2. VEGGIE & BEAN MEDLEY Return the pan to medium heat. When hot, add the onion, green beans, and cannellini beans and lightly coat in cooking spray or a drizzle of oil. Fry until lightly charred, 7-8 minutes (shifting occasionally). Remove from the pan and add to the artichokes.

3. NOMU-SPICED BEEF Return the pan to high heat. Pat the beef dry with paper towel and lightly coat with cooking spray or a drizzle of oil, then toss with the NOMU rub. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season.

4. ADD THE CRISPINESS Add the radish and salad leaves to the bowl with the beans, toss to combine, and season.

5. TA-DA! Make a bed of the salad, top with the beef strips, and drizzle over the mustard dressing. Well done, Chef!