

U COOK

Honey-mustard Beef Salad

with sweet potatoes & crispy onion bits

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Creation Wines | Creation Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	495kJ	3044kJ
Energy	118kcal	728kcal
Protein	6.9g	42.5g
Carbs	7g	45g
of which sugars	3.2g	19.6g
Fibre	1.2g	7.5g
Fat	5g	30.6g
of which saturated	1.3g	8.2g
Sodium	113mg	693mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 3 [Serves 4]

300g	400g	Sweet Potato Chunks
30ml	40ml	Spice Mix <i>(15ml [20ml] Smoked Paprika & 15ml [20ml] Garlic Powder)</i>
120g	160g	Corn
450g	600g	Beef Rump Strips
120g	160g	Salad Leaves <i>rinse & roughly shred</i>
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
300g	400g	Cucumber <i>rinse & cut into half-moons</i>
60g	80g	Danish-style Feta <i>drain & crumble</i>
150ml	200ml	Honey Mustard Dressing
15g	20g	Crispy Onion Bits

1. ROAST Coat the sweet potato in oil, the spice mix, and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Alternatively, preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. CORN In a bowl, combine the corn with a drizzle of oil and season. When the roast has 6-8 minutes remaining, scatter over the corn and roast for the remaining time until lightly golden.

3. FRY THE BEEF Place a pan over high heat with a drizzle of oil and a knob of butter. Pat the beef strips dry with paper towel and season. When hot, fry the beef strips until browned, 20-30 seconds (shifting occasionally). Remove from the pan and reserve any pan juices.

4. TIME TO EAT Make a bed of the salad leaves, top with the roast, beef strips with pan juices (to taste), scatter over the tomatoes, cucumber, feta, drizzle over the dressing (to taste), and sprinkle over the crispy onion bits. Dig in, Chef!

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter