

UCCOOK

Pea & Bell Pepper Beef Crunch

with roasted sweet potato

Hands-on Time: 45 minutes

Overall Time: 60 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	331kj	2045kj
Energy	79kcal	488kcal
Protein	6.9g	42.6g
Carbs	8g	50g
of which sugars	3g	19g
Fibre	2g	10g
Fat	1.7g	10.8g
of which saturated	0.3g	2.2g
Sodium	97.5mg	602.9mg

Allergens: Allium, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
15ml	20ml	NOMU Spanish Rub
90g	120g	Peas
120g	160g	Salad Leaves <i>rinse & roughly shred</i>
60g	80g	Radish <i>rinse & slice into thin rounds</i>
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into strips</i>
150ml	200ml	Salad Dressing <i>(105ml [140ml] Apple Cider Vinegar, 30ml [40ml] Dijon Mustard & 15ml [20ml] Olive Oil Blend)</i>
450g	600g	Beef Strips

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. SWEET ON SWEET POTATOES Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Lightly spray with some cooking spray and coat with the NOMU rub and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. PLUMP PEAS Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

3. RADISH & PEPPER SALAD To a salad bowl, add the salad leaves, the radish, the pepper strips and the peas. Season and drizzle over the salad dressing. Toss until combined and set aside.

4. BROWN THE BEEF STRIPS 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, 20-30 seconds (shifting occasionally). Remove from the pan and season.

5. ALMOST THERE When the sweet potato is done, toss through the dressed salad.

6. TIME TO NOSH Plate up the loaded sweet potato and bell pepper salad and top with the browned beef.