

QCOOK

Fiesta Beef Bowl

with beetroot, spicy chipotle yoghurt & avo hummus

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Creation Wines | Creation Syrah Grenache

Nutritional Info	Per 100g	Per Portion
Energy	374kJ	2194kJ
Energy	89kcal	525kcal
Protein	8.6g	50.5g
Carbs	9g	50g
of which sugars	1.8g	10.8g
Fibre	2.2g	12.7g
Fat	2g	11.6g
of which saturated	0.4g	2.6g
Sodium	154mg	904mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
40g	80g	Kale <i>rinse & roughly shred</i>
150g	300g	Beetroot <i>rinse, trim, peel (optional) & cut into small bite-sized pieces</i>
150g	300g	Beef Strips
50g	100g	Corn
5ml	10ml	Old Stone Mill Mexican Spice
60g	120g	Black Beans <i>drain & rinse</i>
50ml	100ml	Low Fat Plain Yoghurt
5g	10g	Chipotle Chillies In Adobo <i>finely chop</i>
20g	40g	Piquanté Peppers <i>drain</i>
5ml	10ml	Lime Juice
40ml	80ml	Avocado Hummus

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Place the kale in a bowl with a drizzle of olive oil and seasoning. Using your hands, massage until softened and coated. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

2. FRY THE STRIPS When the roast has 10-15 minutes remaining, place a pan over medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear until browned, 20-30 seconds (shifting occasionally). In the final 15 seconds, baste with a knob of butter. Remove from the pan and season.

3. FRY THE CORN & BEANS Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the corn until lightly charred, 4-5 minutes (shifting occasionally). In the final 2-3 minutes, add the Mexican spice mix and the beans. Mix until warmed through. Remove from the heat and season.

4. SPICY YOGHURT When the beetroot has 10 minutes remaining, give the tray a shift and scatter over the dressed kale. Roast for the remaining time. In a small bowl, combine the yoghurt and the chipotle (to taste). Add a splash of water until drizzling consistency, a sweetener (to taste), and seasoning.

5. JUST BEFORE SERVING Toss together the roasted beetroot and kale, the corn and beans, the peppers, the beef strips, the lime juice, and seasoning. In a small bowl, season the avo hummus.

6. SPICY DINNER Bowl up the loaded beef strips, drizzle over the spicy yoghurt, cover with dollops of avo hummus, and that's it, Chef. Enjoy!