



UCCOOK

Curried Beef Grain Salad

with buckwheat & dates

Hands-on Time: 40 minutes

Overall Time: 50 minutes

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

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	363.7kJ	2046kJ
Energy	86.9kcal	489.1kcal
Protein	9g	50.9g
Carbs	9.9g	55.5g
of which sugars	2.6g	14.5g
Fibre	2.1g	12g
Fat	1.3g	7.5g
of which saturated	0.4g	2.2g
Sodium	45.2mg	254.1mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150ml	200ml	Buckwheat
150g	200g	Kale <i>rinse & roughly shred</i>
2	2	Spring Onions <i>rinse, trim & finely slice</i>
90g	120g	Corn
450g	600g	Beef Strips
15ml	20ml	Medium Curry Powder
120ml	160ml	Low Fat Cottage Cheese
30g	40g	Pitted Dates <i>roughly chop</i>
300g	400g	Cucumber <i>rinse & cut into half-moons</i>
3	4	Tomatoes <i>rinse & cut into very thin wedges</i>
30ml	40ml	Lemon Juice

From Your Kitchen

Cooking Spray
Seasoning (Salt & Pepper)
Water
Paper Towel

1. BEGIN THE BUCKWHEAT Place the buckwheat in a pot over medium heat. Toast until fragrant, 2-4 minutes (shifting occasionally). Add 600ml [800ml] of salted water. Cover and simmer until the water has been absorbed, 15-20 minutes. Remove from the heat and steam for 10 minutes. Fluff with a fork and cover.

2. VEGGIE MEDLEY Place the kale in a bowl. Lightly add cooking spray and seasoning. Using your hands, gently massage until softened. Place a pan over medium-high heat. Add the spring onion and the corn and lightly coat in cooking spray. Fry until lightly charred, 3-4 minutes (shifting occasionally). Add the kale and fry until slightly wilted, 2-3 minutes. Remove from the pan and set aside.

3. CURRY BEEF Place a pan over high heat. Pat the beef dry with paper towel and lightly coat in cooking spray and the curry powder (to taste). When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season.

4. COTTAGE CHEESE In a bowl, loosen the cottage cheese with water in 5ml increments until drizzling consistency. Season and set aside.

5. ADD MORE COLOUR When the buckwheat is done, toss through the cooked kale and corn along with the dates, cucumber, tomato and lemon juice (to taste). Season and set aside.

6. SIMPLY DEVINE Plate up the loaded buckwheat and top with the beef. Drizzle over the cottage cheese.