



UCOOK

Sweet & Spicy Beef Salad

with baby potatoes, charred pineapple & peanuts

This easy Asian-inspired salad is packed with flavour. Juicy beef rump strips are tossed in a sticky soy sauce and laid on top of a salad consisting of baby potatoes, charred pineapple, and crunchy peanuts. Flecked with fresh mint, coriander, and chilli, to make this the ultimate beef strip salad!

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Thea Richter

 Adventurous Foodie

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc 2021

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

800g	Baby Potatoes <i>halved</i>
60g	Peanuts
30g	Mixed Herbs <i>(15g Fresh Coriander & 15g Fresh Mint)</i>
80g	Salad Leaves
400g	Fresh Pineapple Fingers
600g	Free-range Beef Rump Strips
200ml	Sticky Soy <i>(100ml Indonesian Soy Sauce, 60ml Sambal Oelek & 40ml Worcestershire Sauce)</i>
2	Fresh Chillies <i>deseeded & roughly sliced</i>
2	Lemons <i>cut into wedges</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. POTAYTO, POTAHTO Place the halved baby potatoes in a pot of salted water over high heat. Pop on a lid and bring to the boil. Once boiling, remove the lid and reduce the heat. Simmer for 25-30 minutes until cooked through and soft. Remove from the heat and drain. Cover to keep warm.

2. WHILE THE TATERS ARE BOILING... Roughly chop the peanuts. Rinse and pick the herbs. Rinse and roughly shred the salad leaves.

3. GOING NUTS Place a pan over a medium heat with the chopped peanuts. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan and set aside.

4. FRIED FINEAPPLE Return the pan to a high heat. When hot, fry the pineapple pieces for 2-3 minutes per side until charred. Remove from the pan and set aside.

5. STICKY STRIPS Return the pan to a medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When the pan is hot, add the beef strips and fry for 1-2 minutes per side until browned. Remove from the heat and add the sticky soy and ½ the sliced chilli (to taste) to the pan. Toss until the beef is coated.

6. IT'S A TOSS-UP In a salad bowl, combine the shredded salad leaves, the cooked baby potatoes, ½ the picked mixed herbs, seasoning, the juice of 4 lemon wedges, and a drizzle of oil.

7. THERE YOU HAVE IT Make a bed of the baby potato salad. Top with the beef strips with any remaining sauce and the charred pineapple pieces. Sprinkle over the remaining mixed herbs, the toasted peanuts, and the remaining chilli (to taste). Serve with a lemon wedge. Yum!

Nutritional Information

Per 100g

Energy	521kJ
Energy	124kcal
Protein	7.4g
Carbs	13g
of which sugars	6.3g
Fibre	1.2g
Fat	3.1g
of which saturated	0.8g
Sodium	244mg

Allergens

Gluten, Peanuts, Wheat, Sulphites, Soy

Cook
within
4 Days