

UCCOOK

Thai Beef Salad

with crispy lentils

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 3 & 4

Chef: Tiisetso Maema

Nutritional Info

	Per 100g	Per Portion
Energy	436kJ	2257kJ
Energy	104kcal	540kcal
Protein	8.2g	42.5g
Carbs	6g	30g
of which sugars	1.4g	7.2g
Fibre	2.1g	10.8g
Fat	3.5g	17.9g
of which saturated	0.8g	4.3g
Sodium	150mg	774mg

Allergens: Gluten, Sesame, Wheat, Cow's Milk, Soya, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
180g	240g	Tinned Lentils <i>drain & rinse</i>
450g	600g	Beef Rump Strips
15ml	20ml	NOMU Oriental Express
2	2	Garlic Cloves <i>peel & grate</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
60ml	80ml	Salad Dressing <i>(30ml [40ml] Lime Juice, 7.5ml [10ml] Sesame Oil & 22.5ml [30ml] Low Sodium Soy Sauce)</i>
2	2	Fresh Chillies <i>rinse, trim & finely slice</i>
120g	160g	Green Leaves <i>rinse & roughly shred</i>
3	4	Tomatoes <i>rinse & roughly dice</i>
300g	400g	Cucumber <i>rinse & peel into ribbons</i>
16g	20g	Mixed Herbs <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Paper Towel
Butter
Water

1. LEKKER LENTILS Preheat the oven to 200°C. Spread the lentils on a roasting tray, coat in oil, and season. Roast until golden and crispy, 12-15 minutes. Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

2. ORIENTAL 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, coat with the NOMU rub and season. When hot, fry the beef strips and the garlic and ginger until browned, 20-30 seconds (shifting occasionally). You may need to do this step in batches. Remove from the pan and reserve any pan juices.

3. DELISH DRESSING In a small bowl, combine the salad dressing with ½ the chilli and the reserved pan juices. Season and set aside.

4. TO THAI-FOR SALAD Bowl up the green leaves, top with the tomatoes, cucumber and beef strips. Drizzle over the salad dressing. Finish with a sprinkle of the crispy lentils, the remaining chilli and garnish with the fresh herbs.