



UCCOOK

Jalapeño Yoghurt & Beef Strips

with cheesy black beans & butternut

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info

	Per 100g	Per Portion
Energy	366.1kJ	2240.5kJ
Energy	87.6kcal	536kcal
Protein	8.8g	53.7g
Carbs	8g	48.8g
of which sugars	1.5g	8.9g
Fibre	1.8g	11g
Fat	2g	11.9g
of which saturated	0.7g	4.6g
Sodium	114.5mg	700.6mg

Allergens: Sulphites, Egg, Cow's Milk, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
7,5ml	15ml	Ground Cumin
50g	100g	Kale <i>rinse & roughly shred</i>
60g	120g	Black Beans <i>drain & rinse</i>
15g	30g	Italian-style Hard Cheese <i>grate</i>
3g	5g	Fresh Oregano <i>rinse, pick & finely chop</i>
50ml	100ml	Low Fat Plain Yoghurt
10g	20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
150g	300g	Beef Strips
5ml	10ml	NOMU Cajun Rub

From Your Kitchen

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

1. CUMIN-SPICED BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil, ½ the cumin and some seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. CHEESY BEANS & KALE Place the kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. Transfer to a new baking tray. In another bowl, mix the black beans, cheese, ½ the oregano, the remaining cumin and a splash of oil. Mix to fully coat the beans then toss over the kale. When the butternut has 10 minutes remaining, place the kale and beans into the oven and roast for the remaining time.

3. CREAMY & SPICY In a bowl, combine the yoghurt, the remaining oregano, and the jalapeños (to taste). Season and mix in water in 5ml increments until drizzling consistency.

4. CAJUN 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 until browned, 20-30 seconds (shifting occasionally). Remove from the pan and reserve any pan juices.

5. A PLATE TO BE PROUD OF Make a bed of the kale and beans. Top with the butternut, the seared beef and the pan juices (to taste). Drizzle over the creamy jalapeños and dig in!