

QCOOK

Moroccan Beef & Salsa

with potato chunks

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 1 & 2

Chef: Ella Nasser

Nutritional Info

	Per 100g	Per Portion
Energy	307kJ	1889kJ
Energy	74kcal	452kcal
Protein	7.7g	47.1g
Carbs	8g	47g
of which sugars	1g	9g
Fibre	1g	8g
Fat	1.1g	7g
of which saturated	0.3g	2g
Sodium	105.3mg	646.8mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Moderate

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
20g	40g	Pitted Kalamata Olives <i>drain & halve</i>
1	1	Tomato <i>rinse & roughly dice</i>
1	1	Onion <i>peel & finely dice ¼ [½]</i>
100g	200g	Cucumber <i>rinse & roughly dice</i>
150g	300g	Beef Strips
5ml	10ml	NOMU Moroccan Rub
50ml	100ml	Tzatziki

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray (or oil of your choice)

1. ROAST Preheat the oven to 200°C. Spread the potato on a roasting tray. Lightly coat in cooking spray or a drizzle of oil (optional), and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. SIMPLE SALSA In a bowl, combine the olives, the tomato, the onion (to taste), and the cucumber. Season and set aside.

3. NOMU-SPICED VENISON Place a pan over medium-high heat. Pat the beef strips dry with paper towel and lightly coat with cooking spray, or add a drizzle of oil (optional) and NOMU rub. When hot, sear the strips until browned, 20-30 seconds per side. Remove from the pan and season.

4. A TRIP TO MOROCCO Plate up the roasted potato, top with beef strips, and the tomato salsa. Dollop over the tzatziki. A masterpiece, Chef!