

UCOOK

Beef & Creamy Beet Bowl

with a fresh salad & roasted almonds

An unbeatable recipe in both ease of preparation and effects on your palate, Chef! Creamy mustard-coated beets are served with buttery seared steak, spiced with NOMU One For All Rub. For some freshness, enjoy this meal with a salad of toasted almonds, crunchy greens & cucumber rounds.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Jenna Peoples

Carb Conscious

Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc

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Ingredients & Prep

400g	Beetroot <i>trim, peel (optional) & cut into bite-sized pieces</i>
320g	Beef Rump
20g	Almonds <i>roughly chop</i>
10ml	NOMU One For All Rub
100ml	Creamy Mustard <i>(90ml Mayo & 10ml Dijon Mustard)</i>
1	Spring Onion <i>rinse, trim & finely slice</i>
20ml	Lemon Juice
40g	Green Leaves <i>rinse & roughly shred</i>
100g	Cucumber <i>rinse & cut into rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter
Sugar/Sweetener/Honey

1. BEGIN THE BEETS Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. ALL THE ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. SIZZLING STEAK When the beetroot has 5-10 minutes remaining, place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. MUSTARD DRESSING Once the beetroot has finished roasting, remove from the oven and transfer into a bowl. While they are still warm, mix in the creamy mustard, ½ the spring onion and some lemon juice (to taste). Season and set aside.

5. NUTTY SALAD In a bowl, mix together the shredded salad leaves, the sliced cucumber, the toasted almonds, olive oil, a sweetener (to taste), and the lemon juice (to taste). Season.

6. SO SATISFYING Make a bed of salad leaves. Side with the creamy beets and steak slices. Garnish with the remaining spring onion. Yum, Chef!



Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	597kJ
Energy	143kcal
Protein	8g
Carbs	5g
of which sugars	1.9g
Fibre	1.6g
Fat	7.8g
of which saturated	1.1g
Sodium	136mg

Allergens

Cow's Milk, Allium, Sulphites, Tree Nuts

Eat
Within
3 Days