



UCCOOK

Sun-Dried Tomato Beef Rice Bowl

with green leaves & fresh dill

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	595kJ	2265kJ
Energy	142kcal	542kcal
Protein	12.4g	47.1g
Carbs	19g	74g
of which sugars	1.5g	5.9g
Fibre	1.8g	6.9g
Fat	2.3g	8.8g
of which saturated	0.7g	2.7g
Sodium	167mg	918mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Jasmine Rice <i>rinse</i>
450g	600g	Beef Strips
30ml	40ml	Spice Mix <i>(15ml [20ml] Oregano & 15ml [20ml] Greek Seasoning)</i>
125ml	160ml	Low Fat Plain Yoghurt
8g	10g	Fresh Dill <i>rinse, pick & finely chop</i>
180g	240g	Black Beans <i>drain & rinse</i>
60g	80g	Sun-dried Tomatoes <i>roughly chop</i>
60g	80g	Green Leaves <i>rinse & finely shred</i>

From Your Kitchen

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

1. RICE Place the rice in a pot with 450ml [600ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. BEEF STRIPS Place a pan over high heat with a drizzle of oil and a knob of butter. Pat the beef strips dry with paper towel and coat with the spice mix. When hot, fry the beef strips 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. SOME PREP Combine the yoghurt and the dill.

4. ALL TOGETHER In a bowl, add the beans, beef strips with any pan juices, rice, sun-dried tomatoes, and the green leaves. Toss to combine.

5. TIME TO EAT Bowl up the warm salad, top with dollops of the dill yoghurt, and enjoy, Chef!

Chef's Tip