



UCCOOK

Argentinian-style Beef & Salsa Criolla

with charred cauliflower & pickled jalapeños

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Strandveld | First Sighting Syrah

Nutritional Info	Per 100g	Per Portion
Energy	323kJ	1959kJ
Energy	77kcal	469kcal
Protein	6.3g	38.2g
Carbs	5g	28g
of which sugars	2.5g	15.1g
Fibre	1.3g	7.8g
Fat	1.8g	10.7g
of which saturated	0.6g	3.4g
Sodium	63mg	383mg

Allergens: Allium, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Tomato <i>rinse & finely dice</i>
1	1	Onion <i>peel & finely dice ¼ [½]</i>
10g	20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
10ml	20ml	Lemon Juice
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
150g	300g	Cauliflower Florets <i>cut into bite-sized pieces</i>
150g	300g	Beef Rump Strips
5ml	10ml	NOMU Spanish Rub
20g	40g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. QUICK SALSA In a bowl, combine the tomato and onion (to taste). Toss with the jalapeños (to taste), the lemon juice (to taste), ½ the coriander, a drizzle of olive oil, a sweetener (to taste), and some seasoning. Set aside.

2. CHARRED CAULI Place a pan over medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the cauliflower pieces until lightly charred, 5-6 minutes. Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan and season. Alternatively, air fry at 200°C until cooked through, 10-15 minutes (shifting halfway).

3. PERFECT BEEF Place a clean pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. Add the beef strips to the pan along with a knob of butter (optional) and the NOMU rub. Cook until browned, 20-30 seconds (shifting occasionally). Remove from the pan, reserving any pan juices, and season.

4. FINAL TOUCHES Just before serving, toss the salad leaves through the salsa and set aside.

5. GET READY TO FEAST Serve up the juicy beef strips, drizzle over any pan juices, and side with the charred cauli. Pile up the zesty salsa alongside and garnish with the remaining coriander. Tuck in, Chef!