



# UCCOOK

## Creamy Beef & Artichoke Salad

with crème fraîche & smoked paprika

A dinner classic with touches of indulgence! Subtly sweet carrot mash pairs perfectly with a creamy paprika sauce loaded with tender beef rump strips, crème fraîche, smoked paprika, and onion. Sided with fresh green leaves for a light finish, this dish packs a flavour punch!

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person


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**Chef:** Kate Gomba

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 Carb Conscious

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 Waterkloof | False Bay Cinsault / Mourvèdre Rosé

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## Ingredients & Prep

7,5ml	Stock & Herb Mix <i>(5ml Beef Stock &amp; 2,5ml NOMU Provençal Rub)</i>
240g	Carrot <i>trimmed, peeled &amp; cut into bite-sized pieces</i>
150g	Free-range Beef Strips
1	Onion <i>½ peeled &amp; finely sliced</i>
2,5ml	Smoked Paprika
30ml	Crème Fraîche
7,5ml	Balsamic Vinegar
20g	Green Leaves <i>rinsed</i>
25g	Artichoke Halves <i>drained &amp; roughly sliced</i>
20g	Radish <i>sliced into thin rounds</i>
10g	Almonds <i>roughly chopped</i>

## From Your Kitchen

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

**1. GET GOING** Boil the kettle. Dilute the stock & herb mix with 480ml of boiling water and set aside. Place the carrot pieces in a pot of salted water. Bring to the boil and cook until soft, 25-30 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.

**2. FRY UP** Pat the beef strips dry with paper towel. Place a pan over high heat with a drizzle of oil. When hot, sear the strips until browned but not cooked through, 1-2 minutes. Season and set aside in a bowl.

**3. SMOKY NOTES** Return the pan to a medium heat with a drizzle of oil. When hot, sauté the sliced onion until soft, 2-3 minutes (shifting occasionally). Add the smoked paprika and sauté until fragrant, 30-60 seconds. Gradually mix in the diluted stock mix, stirring continuously to prevent lumps. Bring to a simmer and cook until thickened, 3-4 minutes (stirring occasionally).

**4. SO CRÈME-Y!** When the sauce has thickened, add the beef and simmer until cooked through, 1-2 minutes. Stir in the crème fraîche until combined, 1-2 minutes. Season.

**5. FOR THE FRESHNESS** In a salad bowl, combine the vinegar, 5ml of olive oil, seasoning, the rinsed green leaves, the sliced artichokes, the radish rounds, and ½ the chopped almonds.

**6. YUM!** Plate up the carrot mash alongside the creamy beef. Serve with the fresh salad and garnish with the remaining almonds. Go ahead, Chef!



## Chef's Tip

To toast the almonds, place in a pan over a medium heat and toast until golden brown, 2-4 minutes (shifting occasionally).

## Nutritional Information

Per 100g

Energy	397kJ
Energy	95kcal
Protein	7.3g
Carbs	7g
of which sugars	3.3g
Fibre	2.4g
Fat	3.8g
of which saturated	1.7g
Sodium	71mg

## Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook  
within  
4 Days