



UCCOOK

Fiesta Beef Bowl

with beetroot, spicy chipotle yoghurt & avo hummus

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Waterford Estate | Waterford Old Vine
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	424kJ	2336kJ
Energy	101kcal	559kcal
Protein	8.1g	44.5g
Carbs	7g	41g
of which sugars	1.7g	9.1g
Fibre	1.8g	9.7g
Fat	2.3g	12.8g
of which saturated	0.8g	4.5g
Sodium	100mg	549mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Moderate

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
120g	160g	Kale <i>rinse & roughly shred</i>
450g	600g	Beetroot <i>rinse, trim, peel (optional) & cut into small bite-sized pieces</i>
450g	600g	Beef Rump Strips
150g	200g	Corn
15ml	20ml	Old Stone Mill Mexican Spice
180g	240g	Black Beans <i>drain & rinse</i>
150ml	200ml	Low Fat Plain Yoghurt
15g	20g	Chipotle Chillies In Adobo <i>finely chop</i>
60g	80g	Piquanté Peppers <i>drain</i>
30ml	40ml	Lime Juice
125ml	160ml	Avocado Hummus

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Place the kale in a bowl with a drizzle of olive oil and seasoning. Using your hands, massage until softened and coated. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

2. FRY THE STRIPS When the roast has 10-15 minutes remaining, place a pan over medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear until browned, 20-30 seconds (shifting occasionally). In the final 15 seconds, baste with a knob of butter. Remove from the pan and season.

3. FRY THE CORN & BEANS Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the corn until lightly charred, 4-5 minutes (shifting occasionally). In the final 2-3 minutes, add the Mexican spice mix and the beans. Mix until warmed through. Remove from the heat and season.

4. SPICY YOGHURT When the beetroot has 10 minutes remaining, give the tray a shift and scatter over the dressed kale. Roast for the remaining time. In a small bowl, combine the yoghurt and the chipotle (to taste). Add a splash of water until drizzling consistency, a sweetener (to taste), and seasoning.

5. JUST BEFORE SERVING Toss together the roasted beetroot and kale, the corn and beans, the peppers, the beef strips, the lime juice, and seasoning. In a small bowl, season the avo hummus.

6. SPICY DINNER Bowl up the loaded beef strips, drizzle over the spicy yoghurt, cover with dollops of avo hummus, and that's it, Chef. Enjoy!