

UCOOK

Mediterranean Beef Bowl

with charred onion & bell peppers

A delicious dinner awaits, Chef! Browned free-range beef strips are mixed with a mouthwatering combo of silky onion & bell peppers. Served with a baby tomato, creamy feta & olive salad for freshness and a chive-infused yoghurt for a cooling creaminess.

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

***New Calorie Conscious**

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Ingredients & Prep

1	Onion <i>peel & roughly slice</i>
1	Bell Pepper <i>rinse, deseed & cut ½ into strips</i>
40ml	Low Fat Plain Yoghurt
3g	Fresh Chives <i>rinse & finely slice</i>
150g	Beef Strips
20g	Salad Leaves <i>rinse & roughly shred</i>
80g	Baby Tomatoes <i>rinse & cut in half</i>
50g	Cucumber <i>rinse & roughly dice</i>
20g	Pitted Kalamata Olives <i>drain & cut in half</i>
20g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. ONIONS & PEPPERS Place a pan over medium heat with a drizzle of oil. When hot, fry ½ the sliced onion and sliced peppers until caramelised, 8-10 minutes (shifting occasionally). Remove from the pan, place into a bowl, season, and set aside.

2. CHIVE YOGHURT In a bowl, combine the yoghurt with ½ the sliced chives and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside.

3. BROWNED BEEF Return the pan to medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 30-60 seconds (shifting occasionally). Remove from the pan and add to the bowl with the onions and peppers.

4. FETA & OLIVE SALAD In a salad bowl, toss the shredded leaves, the halved tomatoes, the diced cucumber, the halved olives, the drained feta, the remaining raw sliced onion (to taste), a drizzle of olive oil, and seasoning. Set aside.

5. AMAZING AROMAS Bowl up the loaded fresh salad and top with the onion and beef mixture. Drizzle with the chives yoghurt and garnish with the remaining chives.

Nutritional Information

Per 100g

Energy	310kj
Energy	74kcal
Protein	8.1g
Carbs	4g
of which sugars	2g
Fibre	1g
Fat	2.4g
of which saturated	1.1g
Sodium	99.3mg

Allergens

Cow's Milk, Allium, Sulphites

Eat
Within
3 Days