



UCCOOK

Tender Beef Strips & Potato Mash

with a fresh green salad

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Pinotage

Nutritional Info

	Per 100g	Per Portion
Energy	341kJ	1616kJ
Energy	82kcal	387kcal
Protein	9.1g	43.3g
Carbs	9g	42g
of which sugars	0.8g	3.9g
Fibre	1.3g	6.1g
Fat	1.1g	5g
of which saturated	0.4g	2g
Sodium	80mg	381mg

Allergens: Cow's Milk, Allium

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1

[Serves 2]

200g	400g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
30ml	60ml	Low Fat Plain Yoghurt
10ml	20ml	Lemon Juice
50g	100g	Cucumber <i>rinse & roughly dice</i>
150g	300g	Beef Strips
5ml	10ml	NOMU Cajun Rub
20g	40g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Milk (optional)

Paper Towel

Seasoning (salt & pepper)

Butter

1. MASH Place the potato in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. SOME PREP Loosen the yoghurt with 1 [2] tbsp of water and set aside. In a bowl, combine the lemon juice, a drizzle of olive oil, and a sweetener (to taste). Toss through the cucumber.

3. FRY THE STRIPS Return the pan to medium-high heat with a drizzle of oil. Pat the beef dry with paper towel. Fry the beef until browned, 1-2 minutes (shifting occasionally). In the final 30-60 seconds, baste with a knob of butter and the NOMU rub. Add the loosened yoghurt, and seasoning.

4. FRESH SALAD Just before serving, add the salad leaves to the bowl with the cucumber. Add seasoning and toss to combine.

5. TIME TO EAT Plate up the mash. Side with the creamy strips and the fresh salad.