

# UCOOK

## Mexican Beef Strips & Charred Veg

with spicy chipotle yoghurt & avo hummus

Earthy roasted beetroot, charred corn, meaty black beans, sweet peppers, and browned beef strips are tossed together, then drizzled with zesty lime and a spicy yoghurt with pops of chipotle chillies, and dollops of avo hummus.

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**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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Carb Conscious

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Stettyn Wines | Stettyn Family Range Pinotage

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## Ingredients & Prep

|       |  |
|-------|--|
| 160g  | Kale<br><i>rinse &amp; roughly shred</i>   |
| 800g  | Beetroot<br><i>rinse, trim, peel (optional) &amp; cut into small bite-sized pieces</i> |
| 600g  | Free-range Beef Rump Strips  |
| 200g  | Corn   |
| 20ml  | Old Stone Mill Mexican Spice   |
| 240g  | Black Beans<br><i>drain &amp; rinse</i>  |
| 200ml | Low Fat Plain Yoghurt  |
| 20g   | Chipotle Chillies In Adobo<br><i>finely chop</i>                                       |
| 80g   | Piquanté Peppers<br><i>drain</i>   |
| 20ml  | Lime Juice   |
| 160ml | Avocado Hummus   |

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 200°C. Place the shredded kale on a second roasting tray with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 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, 1-2 minutes (shifting occasionally). In the final 30 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, 5-6 minutes (shifting occasionally). In the final 2-3 minutes, add the Mexican spice mix and the rinsed 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 chopped 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 & kale, the corn & beans, the chopped 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!



## Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 437kJ   |
| Energy             | 105kcal |
| Protein            | 7.6g    |
| Carbs              | 8g      |
| of which sugars    | 1.8g    |
| Fibre              | 2.2g    |
| Fat                | 2.8g    |
| of which saturated | 0.7g    |
| Sodium             | 149mg   |

## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
4 Days