

Pan-Fried Beef & Quinoa Salad with Paprika Vinaigrette

Colourful and crunchy, this quinoa and paprika beef salad is a real zinger. If you're not a big fan of coriander, do give it a try in this lively veggie medley – it adds the perfect finish!



Prep: 15 mins Cook: 20 mins Total: 35 mins



level 1



high protein

Pantry Items

















Smoked Paprika

Chicken Stock

Carrot













Beef Strips

Baby Spinach

Coriander



2P	4P	Ingredients	
2 tbs	4 tbs	olive oil *	
1 sachet	2 sachets	smoked paprika	
1 clove	2 cloves	garlic, peeled & crushed	#
1 tsp	2 tsp	red wine vinegar *	
½ tsp	1 tsp	brown sugar *	
1 packet	2 packets	quinoa, rinsed well	
1 ½ cups	3 cups	water *	
½ cube	1 cube	chicken stock, crumbled	
1	2	carrot, peeled & cut into matchsticks	
1	2	beetroot, peeled & cut into matchsticks	
2 tbs	4 tbs	plain flour *	
1 packet	2 packets	beef strips	
½ bag	1 bag	baby spinach leaves	⊕
½ bunch	1 bunch	coriander, leaves picked	1

1	Ingredient features
	in another recipe

Pantry Items

Pre-preparation

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Nutrition per serve					
Energy	2530	Kj			
Protein	44.3	g			
Fat, total	24.8	g			
-saturated	5.5	g			
Carbohydrate	49.7	g			
-sugars	9.8	g			
Sodium	262	mg			

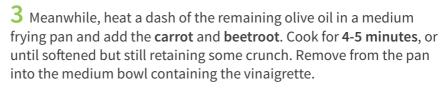


You will need: chef's knife, chopping board, garlic crusher, sieve, vegetable peeler, medium bowl, medium saucepan with lid, wooden spoon, medium frying pan and plastic zip lock bag.

1 To make the vinaigrette, combine half the olive oil, half the smoked paprika, garlic, red wine vinegar and brown sugar in a medium bowl. Season with salt and pepper and mix well.



2 Place the quinoa, water and chicken stock cube in a medium saucepan and stir to combine. Cover with a lid and bring to the boil. Remove the lid and reduce to a medium heat. Simmer for 8-10 minutes, or until the quinoa is tender and the water has absorbed (drain any excess water). Drizzle with olive oil and set aside.





4 Heat the remaining olive oil in a medium frying pan. While the pan is heating up, add the **plain flour**, **beef strips**, the remaining smoked paprika and a generous amount of salt and pepper to a plastic zip lock bag and shake to coat. Transfer the beef strips immediately to the pan and fry for 2-3 minutes, or until browned and crispy. Remove from the pan and set aside.



- 5 Add the quinoa and **baby spinach leaves** to the medium bowl containing the veggies and toss everything together.
- 6 To serve, divide the quinoa salad between plates, top with the crispy beef strips and garnish with the **coriander** leaves. Enjoy!