

## Jerk Beef & Charred Corn Salad with Lime & Sweet Potato

We're celebrating the flavours of the Caribbean with this loud, colourful salad. Spicy, zesty, aromatic jerk seasoning carries through to infused sweet potato and smoky spiced corn in a joyful jumble of textures and flavours. Fresh coriander and bitter rocket complete the picture.



Prep: 10 mins Cook: 45 mins Total: 55 mins



level 1



high protein



lactose free

## **Pantry Items**





Worcestershire



Brown Sugar







Cajun Spice Mix













Rocket Leaves



2P	4P	Ingredients	
2 tbs	4 tbs	olive oil *	
2 tsp	1 tbs	Worcestershire sauce *	
1 clove	2 cloves	garlic, peeled & crushed	<del>*************************************</del>
1	2	lime, juiced	
½ sachet	1 sachet	Cajun spice mix (recommended amount)	
1 tsp	2 tsp	brown sugar *	
1 steak	2 steaks	premium beef rump	
400 g	800 g	sweet potato, unpeeled & cut into 2 cm pieces	
1 cob	2 cobs	corn, husked	
½ bag	1 bag	rocket leaves, washed	<del></del>
½ bunch	1 bunch	coriander, leaves picked	1

Ingredient features in another recipe

Pantry Items

Pre-preparation

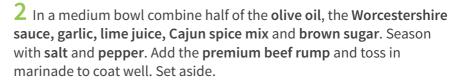
## **Nutrition per serve**

Energy	2200	Kj
Protein	39.4	g
Fat, total	22.1	g
-saturated	5.1	g
Carbohydrate	38.7	g
-sugars	15	g
Sodium	190	mg



You will need: chef's knife, chopping board, garlic crusher, sieve, medium bowl, tongs, oven tray lined with baking paper, medium frying pan, plate, aluminium foil and large bowl.

1 Preheat the oven to 220°C/200°C fan-forced.





3 Meanwhile, place the **sweet potato** and **corn** on the prepared oven tray and toss in the remaining olive oil. Season with salt and pepper and roast in the oven for **30-40 minutes** or until tender and a little charred. Allow the corn to cool, then cut into 2 cm thick rounds.



4 In the last 10 minutes of the vegetable cooking time, heat a medium frying pan over a medium-high heat. Add the marinated beef and cook for 3-4 minutes on each side for medium rare, or until cooked to your liking (cooking times will vary depending on the thickness of your steak). Set aside on a plate and cover with foil to rest for 5 minutes. Cut into 1 cm thick slices.

**Tip:** Don't be tempted to skip resting the steak. This is an integral part of the cooking process and will ensure your steak is tender.



5 Toss the **rocket leaves**, roast vegetables, sliced steak and **coriander** in a large bowl. Season to taste with salt and pepper. Drizzle with a little extra olive oil if you like.

6 To serve, divide the salad between plates and enjoy!

Did you know? Jerk seasoning hails from Jamaican cuisine.