



# UCOOK

## French Onion-style Rice & Beef

with tomatoes & fresh parsley

You don't have to wait until winter to enjoy the deeply satisfying flavours of French onion soup. Instead, make this inspired UCOOK rice - cooked in a rich beef stock and loaded with buttery onion & thyme. Served with seared beef and a vinegar-infused tomato & fresh parsley salad.

---

**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

---

**Serves:** 4 People

---

**Chef:** Hellen Mwanza

---

Simple & Save

---

Groote Post Winery | Groote Post Salt of the Earth Red blend

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

20ml	Beef Stock
40ml	Red Wine Vinegar
2	Tomatoes <i>rinse &amp; roughly dice</i>
10g	Fresh Parsley <i>rinse, pick, &amp; roughly chop</i>
2	Onions <i>peel &amp; finely slice</i>
20ml	Dried Thyme
400ml	Jasmine Rice <i>rinse</i>
600g	Beef Schnitzel (without crumb)
20ml	NOMU Roast Rub

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Paper Towel  
Water  
Butter

**1. SOME PREP** Boil the kettle. Dilute the stock with 800ml of the boiling water. In a small bowl, combine the vinegar with a drizzle of olive oil, and season. Add the diced tomato, the chopped parsley, and toss to combine. Set aside in the fridge.

**2. RICE** Place a pot over medium heat with a drizzle of oil and a knob of butter. When hot, fry the sliced onion until golden and crispy, 10-12 minutes. Add the dried thyme and fry until fragrant, 30-60 seconds. Mix in the rinsed rice, the diluted stock, and a pinch of salt. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**3. BEEF** Place a pan over high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 20-30 seconds per side. In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan and season. You may need to do this step in batches.

**4. DINNER IS READY** Dish up the rice, side with the schnitzel, and the herby tomatoes. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	493kj
Energy	118kcal
Protein	8.4g
Carbs	17g
of which sugars	1.9g
Fibre	1.2g
Fat	1g
of which saturated	0.3g
Sodium	121mg

## Allergens

Cow's Milk, Allium, Sulphites

Eat  
Within  
4 Days