



UCCOOK

Silky Onions & Beef Strips

with soft baby potatoes & sunflower seeds

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	379kJ	2536kJ
Energy	91kcal	606kcal
Protein	7.3g	48.5g
Carbs	10g	68g
of which sugars	2.6g	17.3g
Fibre	1.2g	7.9g
Fat	1.9g	12.5g
of which saturated	0.6g	3.7g
Sodium	95mg	633mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Baby Potatoes <i>rinse & cut in half</i>
3g	5g	Fresh Chives <i>rinse & finely slice</i>
10g	20g	Sunflower Seeds
150g	300g	Beef Schnitzel (without crumb)
1	1	Onion <i>peel & cut into thin wedges</i>
3g	5g	Fresh Thyme <i>rinse</i>
20ml	40ml	Rub & Flour <i>(10ml [20ml] NOMU Italian Rub & 10ml [20ml] Self-raising Flour)</i>
100ml	200ml	Low Fat UHT Milk

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. SOFT POTATOES Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and add a knob of butter, the chives, and seasoning. Cover with the lid and shake the pot until the butter is melted and the potatoes are coated. Set aside.

2. TOAST Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. BEEF SCHNITZEL Return the pan to medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. Sear the schnitzel until browned, 20-30 seconds per side. In the final 30 seconds, baste with a knob of butter. Remove from the pan, cut into strips, and season.

4. CREAMY MOMENT Return the pan to medium heat with a drizzle of oil, if necessary. Fry the onion until golden, 5-6 minutes. Mix in the thyme sprigs, the rub and flour and 10g [20g] of butter. Cook until the butter is melted, 1-2 minutes. Mix in the milk and 50ml [100ml] of water. Simmer until thickening, 1-2 minutes. Discard the thyme sprigs, and mix in the beef. Loosen with a splash of water if it's too thick and season.

5. DINNER Make a bed of the potatoes, top with the creamy beef, and sprinkle over the sunflower seeds. Enjoy, Chef!