



UCOOK

Beef Strips & Creamy Polenta

with Italian-style hard cheese & fresh basil

Juicy beef strips are added to a delicious and flavourful thick tomato, red wine & garlic sauce. Once all cooked together, this lusciousness is spooned over the creamiest, cheesiest polenta base, before being sprinkled with fresh fragrant basil leaves.

Hands-on Time: 30 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Jeannette Joynt

Fan Faves

Creation Wines | Creation Fine Cape Vintage

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Ingredients & Prep

600g	Free-range Beef Strips
40ml	NOMU Italian Rub
2	Onions <i>peel & roughly dice</i>
2	Garlic Cloves <i>peel & grate</i>
125ml	Red Wine
20ml	Beef Stock
400ml	Tomato Passata
400ml	Polenta
125ml	Grated Italian-style Hard Cheese
125ml	Crème Fraîche
10g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

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

1. SEARED RUMP Boil the kettle. Place a pan over medium-high heat with a drizzle of oil. Pat the beef dry with paper towel. When hot, sear the beef strips until browned, 30-60 seconds (shifting occasionally). You may need to do this step in batches. In the final 30 seconds, baste with a knob of butter and ½ the NOMU rub. Remove from the pan, reserving any pan juices, and season.

2. START THE SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 6-8 minutes (shifting occasionally). Add the grated garlic and the remaining NOMU rub and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the red wine and simmer until almost evaporated, 1-3 minutes. Add the beef stock, 600ml of boiling water, and the tomato passata. Simmer until slightly thickened, 12-15 minutes (stirring occasionally). In the final 2-3 minutes, add the browned beef strips, a sweetener (to taste), and seasoning.

3. CREAMY POLENTA Bring a pot with 1,6L of water to a boil. Slowly whisk in the polenta until there are no lumps. Reduce the heat and cook until the polenta is soft and creamy, 8-10 minutes (whisking often). Remove the pot from the heat and stir through a knob of butter, the grated cheese, the crème fraîche, and seasoning. Loosen with a splash of warm water if necessary.

4. STEAMY DREAMY DINNER! Bowl up a generous helping of the creamy polenta and spoon over the saucy beef. Sprinkle over the torn basil. Dig in, Chef!



Chef's Tip

When the polenta is too thick to whisk, use a wooden spoon to stir while it continues to cook.

Nutritional Information

Per 100g

Energy	592kj
Energy	142kcal
Protein	9.4g
Carbs	15g
of which sugars	2.4g
Fibre	1.3g
Fat	3.7g
of which saturated	1.8g
Sodium	91mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Alcohol, Cow's Milk

Eat
Within
4 Days