



UCCOOK

Beef Strips & Horseradish Sauce

with roasted butternut & cabbage

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	396kJ	2224kJ
Energy	95kcal	532kcal
Protein	7.7g	43.2g
Carbs	7g	40g
of which sugars	2.4g	13.6g
Fibre	1.7g	9.6g
Fat	3.1g	17.4g
of which saturated	1.6g	8.9g
Sodium	126mg	708mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
10ml	20ml	NOMU BBQ Rub
100g	200g	Cabbage <i>rinse & cut into wedges</i>
150g	300g	Beef Strips
50ml	100ml	Creamy Horseradish <i>(30ml [60ml] Crème Fraîche & 20ml [40ml] Horseradish Sauce)</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter (optional)

1. ROAST WITH THE MOST Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil, $\frac{3}{4}$ of the NOMU rub, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. CABBAGE Coat the cabbage in oil and season. When the butternut has 10-15 minutes to go, scatter the cabbage over the butternut and roast for the remaining time until lightly golden.

3. NOMU-SPICED BEEF Place a pan over high heat with a drizzle of oil and a knob of butter (optional). Pat the beef strips dry with paper towel and coat with the remaining NOMU rub. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season.

4. SOME PREP In a small bowl, loosen the creamy horseradish with water in 5ml increments until drizzling consistency, and season.

5. TIME TO DINE Make a bed of the roast, top with the beef strips, drizzle over the creamy horseradish, and sprinkle over the parsley. Cheers, Chef!