



# UCCOOK

## Cheese Fries & Spicy Beef Strips

with a corn & jalapeño salsa

Elevate your cooking game with this easy-to-make, irresistibly delicious recipe that's perfect for sharing with friends and family. Succulent beef rump strips, a decadent cheese sauce, and a spicy charred corn salsa are all towered on a bed of oven-roasted potato & carrot wedges.

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Kate Gomba

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 Quick & Easy

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## Ingredients & Prep

200g	Potato <i>rinse, peel (optional) &amp; cut into skinny, 1-2cm thick chips</i>
120g	Carrot <i>rinse, trim, peel &amp; cut into wedges</i>
10g	Sunflower Seeds
40g	Corn
150g	Free-range Beef Rump Strips
5ml	Mexican Spice
30g	Cheddar Cheese
10ml	Cornflour
100ml	Low Fat UHT Milk
5g	Sliced Pickled Jalapeños
3g	Fresh Coriander
5ml	Lime Juice

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Milk (optional)  
Paper Towel  
Butter

**1. ROAST THE FRIES** Preheat the oven to 200°C. Spread the potato fries and the carrot wedges on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

**2. SUNNY SEEDS** 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. CHARRED CORN** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. SPICY STRIPS** Return the pan to medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel and coat in the Mexican spice. When hot, sear the beef until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter. Remove from the pan and season.

**5. CHEESE SAUCE** Grate the cheese. Place a small pot over medium heat with 10g of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, stir in the grated cheese until melted. Season and remove from the heat. Add a splash of water or milk (optional) if the sauce is too thick.

**6. DO THE SALSA** Drain and roughly chop the jalapeños. Rinse, pick, and roughly chop the coriander. To the bowl with the corn, toss through the chopped jalapeños (to taste), ½ the chopped coriander, the lime juice (to taste), a drizzle of olive oil, and seasoning. Set aside.

**7. MMMEXICAN MOMENT** Make a bed of the potatoes & carrots, top with the spicy beef strips, and drizzle over the cheese sauce. Scatter over the corn & jalapeño salsa and the toasted seeds. Garnish with the remaining coriander. Enjoy, Chef!



## Chef's Tip

Air fryer method: coat the potato fries and carrot wedges in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	520kj
Energy	125kcal
Protein	8g
Carbs	11g
of which sugars	2.6g
Fibre	1.7g
Fat	4.3g
of which saturated	1.7g
Sodium	156mg

## Allergens

Allium, Sulphites, Cow's Milk

Cook  
within  
4 Days