



QCOOK

Beef & Creamy Corn Chowder

with toasted almonds & leeks

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Groote Post Winery | Groote Post Old Man's Blend White Blend

Nutritional Info	Per 100g	Per Portion
Energy	679kj	3118kj
Energy	162kcal	746kcal
Protein	9.2g	42.4g
Carbs	10g	46g
of which sugars	2.4g	11.2g
Fibre	1.6g	7.4g
Fat	7.3g	33.5g
of which saturated	3.1g	14.3g
Sodium	239mg	1099mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Almonds <i>roughly chop</i>
150g	300g	Beef Rump Strips
100g	200g	Leeks <i>trim at the base & cut in half lengthways</i>
3g	5g	Fresh Thyme <i>rinse</i>
10ml	20ml	Herby Spice Mix <i>(2,5ml [5ml] Ground Turmeric & 7,5ml [15ml] NOMU One For All Rub)</i>
100g	200g	Corn
1	1	Chicken Stock Sachet
50ml	100ml	Fresh Cream
20g	40g	Spinach <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. ALMONDS & STOCK Boil the kettle. Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Dilute the stock with 200ml [400ml] boiling water and set aside.

2. SEARED STRIPS Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally).

3. HERBS, CREAM & CORN Thoroughly rinse the leeks and then roughly slice. Return the pan to medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the leeks with the thyme until soft, 2-3 minutes (shifting frequently). Add the herb mixture and the corn and fry until lightly charred, 3-4 minutes (shifting occasionally). Pour in the diluted stock along with the cream and simmer until slightly reduced, 5-6 minutes. Remove and discard the thyme sprigs.

4. ALMOST THERE Mix through the cooked beef and spinach until wilted and season before removing from the heat.

5. DELISH DINNER Bowl up the creamy beef and corn chowder and scatter with the toasted nuts.