



UCCOOK

Fragrant Beef Stew

with baby potatoes, carrots, & basmati rice

On a bed of fluffy basmati rice comes a generous serving of beef stew, made from browned beef, baby potatoes, garlic, diced onion & carrots. All of this is fried until fragrant, then elevated with NOMU Beef Rub and enveloped in tangy tomato sauce.

Hands-on Time: 45 minutes

Overall Time: 70 minutes

Serves: 3 People

Chef: Kate Gomba

 ***NEW Simple & Save**

 **Waterkloof | Peacock Merlot**

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Ingredients & Prep

600g	Pasture-raised Angus Beef Chunks <i>patted dry with paper towel & cut into small pieces</i>
600g	Baby Potato <i>rinsed & quartered</i>
360g	Carrot <i>rinsed, trimmed, peeled & cut into bite-sized pieces</i>
2	Onions <i>1½ peeled & roughly diced</i>
15ml	NOMU Beef Rub
2	Garlic Cloves <i>peeled & grated</i>
300g	Cooked Chopped Tomato
300ml	White Basmati Rice <i>rinsed</i>
8g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. STEW Place a pot over medium-high heat with a drizzle of oil and a knob of butter. Pat the beef dry with paper towel. When hot, fry the beef chunks until browning, 5-6 minutes (shifting occasionally). Add the quartered potatoes, the carrot pieces, and the diced onion. Fry until slightly soft, 7-8 minutes. Add the NOMU rub and the grated garlic, and fry until fragrant, 1-2 minutes. Pour in the cooked chopped tomato and 900ml of water. Bring to a boil and simmer until cooked through and thickened, 40-45 minutes. Remove from the heat, add sweetener and season.

2. RICE While the stew is simmering, place the rinsed rice in a pot with 600ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

3. DINNER IS READY Make a bed of the rice, cover with the fragrant stew, and garnish with the chopped parsley.

Nutritional Information

Per 100g

Energy	422kj
Energy	101kcal
Protein	6.8g
Carbs	16g
of which sugars	2.5g
Fibre	1.6g
Fat	0.6g
of which saturated	0.2g
Sodium	57mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days