



# UCOOK

## Hearty Beef Sweet Potato Bake

with cabbage & crème fraîche

It's the roast with the most, Chef! A mouthwatering medley of sweet potato, cabbage & onion are oven-roasted until golden perfection. Add beef strips coated in The Sauce Queen Smokey BBQ Sauce, melted cheese, & spicy jalapeños, and you've got a mountain of flavour on your plate. Garnished with fresh parsley.

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**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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Fan Faves

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Cathedral Cellar Wines | Cathedral Cellar-Cabernet Sauvignon

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## Ingredients & Prep

|       |  |
|-------|--|
| 1kg   | Sweet Potato<br><i>rinse &amp; cut into 1cm thick rounds</i> |
| 200g  | Cabbage<br><i>rinse &amp; cut into big chunks</i>            |
| 2     | Onions<br><i>peel &amp; cut into thick wedges</i>            |
| 20ml  | NOMU Spanish Rub   |
| 600g  | Beef Schnitzel (without crumb)                               |
| 125ml | The Sauce Queen Smokey BBQ Sauce                             |
| 200g  | Grated Cheddar Cheese  |
| 40g   | Sliced Pickled Jalapeños<br><i>drain &amp; roughly chop</i>  |
| 160ml | Crème Fraîche  |
| 10g   | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i>       |

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 200°C. Spread the sweet potato pieces, the cabbage chunks, and the onion wedges, on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway).

**2. BEEF** Place a pan over medium-high heat with a drizzle of oil and a knob of butter. Pat the schnitzel dry with paper towel and cut into 1cm strips. When hot, sear the beef strips until browned, 20-30 seconds (shifting occasionally). Mix in the BBQ sauce, season, and remove from the pan.

**3. CHEESY MOMENT** When the roast has 5-8 minutes to go, mix in the BBQ beef strips, and sprinkle over the grated cheese. Roast for the remaining time until the cheese is melted.

**4. TIME TO EAT** Dish up the loaded roast, sprinkle over the chopped jalapeños, dollop over the crème fraîche, and garnish with the chopped parsley. Enjoy, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 490kj   |
| Energy             | 117kcal |
| Protein            | 7.2g    |
| Carbs              | 9g      |
| of which sugars    | 4.7g    |
| Fibre              | 1.4g    |
| Fat                | 4.9g    |
| of which saturated | 2.7g    |
| Sodium             | 149mg   |

## Allergens

Cow's Milk, Allium, Sulphites

Eat  
Within  
4 Days