



# UCCOOK

## BBQ Beef & Creamed Spinach

with sunflower seeds & beetroot

You'll always eat your greens with this dish! Golden seared, juicy BBQ beef rests next to creamy garlic spinach - a classic steakhouse side. Finished with a serving of earthy beetroot pieces and toasted sunflower seeds.

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**Hands-on Time:** 15 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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 Carb Conscious

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 Stellenzicht | Tristone Cabernet Sauvignon

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## Ingredients & Prep

300g	Beetroot Chunks <i>cut into small bite-sized pieces</i>
10g	Sunflower Seeds
75g	Spinach <i>ripped &amp; roughly shredded</i>
1	Onion <i>¼ peeled &amp; finely diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
50ml	Crème Fraîche
150g	Free-range Beef Schnitzel (without crumb)
10ml	NOMU BBQ Rub

## From Your Kitchen

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

**1. UN-BEET-ABLE** Place the beetroot pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, season, and cover.

**2. THAT TOASTY TASTE** 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. SAUTÉ AWAY** Place a pan over medium-high heat with a drizzle of oil or knob of butter. When hot, fry the shredded spinach until wilted, 2-3 minutes. Remove from the pan and season.

**4. RAISE THE SPINACH STANDARD** Return the pan, wiped down, to medium heat with a drizzle of oil. When hot, add the diced onion and fry until soft, 3-4 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 30-60 seconds (shifting constantly). Return the sautéed spinach to the pan along with the crème fraîche and 100ml of warm water. Reduce the heat and simmer for 5-6 minutes until starting to thicken. If it's too thick for your liking, loosen with an extra splash of water. Remove and season.

**5. BASTE THE BEEF** Place a pan over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 30-60 seconds per side. In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan and season.

**6. HOPE YOU'RE HUNGRY!** Plate up the creamy spinach alongside the BBQ basted beef. Serve with the beetroot and garnish with the sunflower seeds. Dig in, Chef!

## Nutritional Information

Per 100g

Energy	404kJ
Energy	97kcal
Protein	7g
Carbs	5g
of which sugars	1.8g
Fibre	1.8g
Fat	4.4g
of which saturated	2.2g
Sodium	219mg

## Allergens

Dairy, Allium

Cook  
within 5  
Days