



UCCOOK

Bistro-style Beef Sliders & Fries

with a cheese sauce

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post Merlot

Nutritional Info	Per 100g	Per Portion
Energy	638kJ	4988kJ
Energy	152kcal	1193kcal
Protein	6.9g	54.2g
Carbs	15g	117g
of which sugars	3.1g	24.1g
Fibre	1.3g	10.1g
Fat	7.2g	56.6g
of which saturated	2.7g	21.1g
Sodium	332mg	2595mg

Allergens: Gluten, Sesame, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

200g	400g	Potato <i>rinse & cut into thick fries</i>
5ml	10ml	Greek Seasoning
1	1	Onion <i>peel & roughly slice</i>
3	6	Beef Meatballs
5ml	10ml	Cake Flour
50ml	100ml	Low Fat UHT Milk
40g	80g	Cheddar Cheese <i>grate</i>
3	6	Slider Buns
20g	40g	Green Leaves <i>rinse & roughly tear</i>
50g	100g	Cucumber <i>rinse & cut into thin rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Butter

1. FRIES Preheat the oven to 200°C. Spread the fries on a roasting tray. Coat generously in oil and Greek seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. CARAMELISED ONIONS Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

3. MINI PATTIES Return the pan to medium-high heat with a drizzle of oil. Smash the meatballs into mini patties and season both sides. Sear the patties until browned and cooked through, 2-3 minutes per side. Remove from the heat and cover to keep warm.

4. CHEESE SAUCE Place a small pot over medium heat with 10g [20g] of butter. Once melted, vigorously whisk in the flour to form the roux. Cook out for 30-60 seconds, stirring constantly. Slowly whisk in the milk until the sauce thickens. Mix in the cheese and loosen with a splash of water if it's too thick. Remove from the heat and season.

5. BUNS Halve the slider buns, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the buns, cut-side down, until golden, 1-2 minutes.

6. TIME TO EAT Top the bottom buns with the green leaves, cucumber, patties, caramelised onions, and spoon over some cheese sauce, and the top toasted bun halves. Serve the fries on the side, and any leftover filling. Enjoy, Chef!