



# UCOOK

## Beef Strips & Caramelised Onion

with carrot mash & fresh salad leaves

The classic meat-and-two-veg plate is well-known around British dinner tables. With the UCOOK version, we've replaced the potato mash with a lighter but just as satisfying carrot mash. The butter-basted, tender beef strips are topped with sweet caramelised onion, while fresh greens finish the plate. Dinner is done, Chef!

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People


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**Chef:** Thea Richter

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 Simple & Save

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 Painted Wolf Wines | The Den Cabernet Sauvignon 2022

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## Ingredients & Prep

960g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
2	Onions <i>peel &amp; roughly slice</i>
600g	Beef Strips
20ml	NOMU BBQ Rub
80g	Salad Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

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

**1. MAKE THE MASH** Place the carrot pieces in a pot of salted water. Bring to a boil and cook until soft, 30-35 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

**2. CARAMELISED ONION** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 12-15 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

**3. SIZZLE THE BEEF** When the carrot has 5-8 minutes remaining, return the pan to medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices, and season.

**4. GET THE GREENS** In a salad bowl, combine the shredded salad leaves, a drizzle of olive oil, and seasoning.

**5. A PERFECT PLATE** Plate up the carrot mash. Side with the beef slices doused in the caramelised onion. Serve the dressed leaves on the side.

## Nutritional Information

Per 100g

Energy	278kj
Energy	67kcal
Protein	7.8g
Carbs	7g
of which sugars	3.2g
Fibre	1.7g
Fat	0.8g
of which saturated	0.3g
Sodium	60mg

## Allergens

Allium, Cow's Milk

Cook  
within 3  
Days