



# UCCOOK

## White Bean & Tomato Beef

with toasted ciabatta

**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Waterkloof | Beeskamp Cabernet Sauvignon

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 430kj    | 2445kj      |
| Energy             | 103kcal  | 585kcal     |
| Protein            | 8.7g     | 49.4g       |
| Carbs              | 13g      | 74g         |
| of which sugars    | 2.2g     | 12.6g       |
| Fibre              | 1.8g     | 10g         |
| Fat                | 1.3g     | 7.6g        |
| of which saturated | 0.3g     | 1.4g        |
| Sodium             | 184mg    | 1044mg      |

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

**Spice Level:** None

Eat Within 5 Days

## Ingredients & Prep Actions:

Serves 1 [Serves 2]

|      |      |                                               |
|------|------|-----------------------------------------------|
| 150g | 300g | Beef Schnitzel (without crumb)                |
| 1    | 1    | Onion<br><i>peel &amp; finely slice ½ [1]</i> |
| 10ml | 20ml | NOMU One For All Rub                          |
| 1    | 2    | Tomato/es<br><i>rinse &amp; roughly dice</i>  |
| 60g  | 120g | Butter Beans<br><i>drain &amp; rinse</i>      |
| 1    | 2    | Ciabatta Roll/s                               |
| 3g   | 5g   | Fresh Parsley                                 |

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

Sugar/Sweetener/Honey

**1. 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, 20-30 seconds per side. Remove from the pan, season, and cut into bite-sized pieces.

**2. SAUCY MOMENT** Return the pan to medium-high heat with a knob of butter. Fry the onion until soft and lightly golden, 4-5 minutes. Add the NOMU rub and fry until fragrant, 30-60 seconds. Mix in the tomato and fry until fragrant, breaking them up with a wooden spoon, 3-4 minutes. Add 100ml [200ml] of water and the beans. Simmer until slightly thickening, 5-6 minutes. Remove from the heat, mix in the beef pieces, a sweetener (to taste), and seasoning.

**3. TOAST** Slice the ciabatta roll/s into 2-3cm thin slices. Spread butter (optional) or oil over the slices. Place a pan over medium heat. When hot, toast the ciabatta slices until golden, 1-2 minutes per side.

**4. TIME TO EAT** Dish up the loaded beef, and garnish with the parsley. Side with the ciabatta slices, and enjoy, Chef.