



# UCOOK

## Beef Strips & Chip Basket

with a lemony mayo & fresh parsley

Spoil yourself tonight with a simple cook in the kitchen yet a delicious meal at the dinner table, Chef. The crispiest skinny potato fries share a plate with flavourful beef strips. Drizzle over zesty mayo, sprinkle over fresh parsley, and grab your knife and fork!

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Simple & Save

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Stettyn Wines | Stettyn Family Range Cabernet Sauvignon

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## Ingredients & Prep

400g	Potato <i>rinse, peel (optional) &amp; cut into 5mm thick chips</i>
150g	Beef Strips
5ml	NOMU Roast Rub
30ml	Mayo
5ml	Lemon Juice
3g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. FRIES** Preheat the oven to 200°C. Spread the potato fries on a roasting tray. Coat generously in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

**2. BEEF STRIPS** When the fries have 3-5 minutes to go, place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 30-60 seconds (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.

**3. JUST BEFORE SERVING** In a small bowl combine the mayo, the lemon juice (to taste), and a splash of water.

**4. TIME TO EAT** Plate up the fries, side with beef strips and all the pan juices. Drizzle the mayo over the fries and garnish with the chopped parsley.



## Chef's Tip

Air fryer method: Coat the dried potato fries in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	469kJ
Energy	112kcal
Protein	7.9g
Carbs	13g
of which sugars	1.1g
Fibre	1.9g
Fat	3.4g
of which saturated	0.5g
Sodium	139mg

## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
4 Days