



UCCOOK

Basted Beef & Chakalaka

with garlic bread

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Neil Ellis Wines | Neil Ellis The Left Bank
Cabernet Sauvignon Merlot

Nutritional Info	Per 100g	Per Portion
Energy	466kJ	3698kJ
Energy	111kcal	885kcal
Protein	7.4g	58.5g
Carbs	17g	131g
of which sugars	4.4g	35.2g
Fibre	2g	15.7g
Fat	1.5g	11.6g
of which saturated	0.3g	2.5g
Sodium	189mg	1497mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Spice Level: Hot

Eat Within 5 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Garlic Cloves <i>peel & grate</i>
3	4	Sourdough Baguettes
2	2	Onions <i>peel & roughly slice</i>
2	2	Tomatoes <i>rinse & roughly dice</i>
30ml	40ml	Medium Curry Powder
240g	240g	Carrot <i>rinse, trim, peel & grate</i>
180g	240g	Cannellini Beans <i>drain & rinse</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
450g	600g	Beef Schnitzel (without crumb)
125ml	160ml	The Sauce Queen Smokey BBQ Sauce

From Your Kitchen

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

1. GARLIC BREAD Preheat the oven to 200°C. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the garlic until fragrant, 30-60 seconds (shifting constantly). Add 60g [80g] of butter and heat until melted, then remove from the heat. Cut 4-5 incisions along the top of the baguette - don't cut all the way through! Smear each incision with the garlic butter. Place the baguette directly onto a hot oven rack and an oven proof dish with water onto the oven floor. Bake until light brown and crispy, 12-15 minutes.

2. CHAKALAKA Place a pan over a medium heat with a drizzle of oil. When hot, fry the onion until soft and browning, 8-10 minutes. Add the tomato, the curry powder, and the carrot, fry until fragrant and a bit saucy, 5-6 minutes. Add 150ml [200ml] of water, the beans, and the chilli (to taste). Simmer until reduced and thickened, 10-12 minutes (shifting occasionally). Remove from the pan, add a sweetener (to taste), season, and cover to keep warm.

3. BEEF Return the pan to 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. In the final 10 seconds, baste with the BBQ sauce. Remove from the pan and season before slicing.

4. TIME TO EAT Dish up the chakalaka, side with the toasted bread, and the basted beef. Enjoy, Chef!

Chef's Tip Preheat your braai to medium-high heat (If using charcoal, wait until the coals are covered with white ash). Coat the beef with oil and season. Place the beef on the grill and cook for about 30-60 seconds per side.