



UCCOOK

BBQ Beef & Creamed Spinach

with sunflower seeds & beetroot

You'll always eat your greens with this dish! Golden seared, juicy BBQ beef rests next to creamy garlic spinach - a classic steakhouse side. Finished with a serving of earthy beetroot pieces and toasted sunflower seeds.

Hands-on Time: 25 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

 Carb Conscious

 Stellenzicht | Tristone Cabernet Sauvignon

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Ingredients & Prep

900g	Beetroot Chunks <i>cut into small bite-sized pieces</i>
30g	Sunflower Seeds
225g	Spinach <i>ripped & roughly shredded</i>
1	Onion <i>¾ peeled & finely diced</i>
2	Garlic Cloves <i>peeled & grated</i>
150ml	Crème Fraîche
450g	Free-range Beef Schnitzel (without crumb)
30ml	NOMU BBQ Rub

From Your Kitchen

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

1. UN-BEET-ABLE Place the beetroot pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, season, and cover.

2. THAT TOASTY TASTE Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. SAUTÉ AWAY Place a pan over medium-high heat with a drizzle of oil or knob of butter. When hot, fry the shredded spinach until wilted, 4-5 minutes. Remove from the pan and season.

4. RAISE THE SPINACH STANDARD Return the pan, wiped down, to medium heat with a drizzle of oil. When hot, add the diced onion and fry until soft, 4-5 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 30-60 seconds (shifting constantly). Return the sautéed spinach to the pan along with the crème fraîche and 200ml of warm water. Reduce the heat and simmer for 7-8 minutes until starting to thicken. If it's too thick for your liking, loosen with an extra splash of water. Remove and season.

5. BASTE THE 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, 30-60 seconds per side. In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan and season. You may need to do this step in batches.

6. HOPE YOU'RE HUNGRY! Plate up the creamy spinach alongside the BBQ basted beef. Serve with the beetroot and garnish with the sunflower seeds. Dig in, Chef!

Nutritional Information

Per 100g

Energy	404kJ
Energy	97kcal
Protein	7g
Carbs	5g
of which sugars	1.8g
Fibre	1.8g
Fat	4.4g
of which saturated	2.2g
Sodium	219mg

Allergens

Dairy, Allium

Cook
within 5
Days