



UCOOK

BBQ Beef & Creamed Spinach

with roasted gem squash

A great creamed spinach balances the creaminess with the earthiness to ensure this classic side dish isn't a stodgy eating experience. Our on-point UCOOK version features garlicky onions, crème fraîche, and perfectly wilted spinach. Savour with NOMU BBQ Rub-spiced beef strips, buttery gem squash & sunflower seeds for crunch.


Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Megan Bure

Carb Conscious

 Painted Wolf Wines | The Den Shiraz 2021

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Ingredients & Prep

2	Gem Squash <i>rinse, halve & deseed</i>
20g	Sunflower Seeds
150g	Spinach <i>rinse & roughly shred</i>
1	Onion <i>peel & finely dice</i>
1	Garlic Clove <i>peel & grate</i>
80ml	Crème Fraîche
300g	Free-range Beef Rump Strips
10ml	NOMU BBQ Rub

From Your Kitchen

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

1. WHAT A GEM Preheat the oven to 200°C. Place the deseeded gem squash halves on a roasting tray, cut-side up. Lightly drizzle with oil and season. Roast in the hot oven until soft, 25-30 minutes. At the halfway mark, pop a small knob of butter into each half and return to the oven for the remaining time.

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 a knob of butter. When hot, fry the shredded spinach until wilted, 2-3 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, fry the diced onion until soft, 3-4 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 150ml of warm water. Reduce the heat and simmer until starting to thicken, 6-7 minutes. Loosen with a splash of water if too thick. Remove and season.

5. BASTE THE BEEF Place a pan over 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.

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

Nutritional Information

Per 100g

Energy	479kJ
Energy	115kcal
Protein	7.1g
Carbs	4g
of which sugars	1.3g
Fibre	1.4g
Fat	5.4g
of which saturated	2.4g
Sodium	166mg

Allergens

Allium, Cow's Milk

Eat
Within
5 Days