



Eat Within 4 Days

UCCOOK

Beef Strips & Chip Basket

with a lemony mayo & fresh parsley

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Zevenwacht | Zeven Pinotage

Nutritional Info

	Per 100g	Per Portion
Energy	469kj	2775kj
Energy	112kcal	664kcal
Protein	7.9g	46.6g
Carbs	13g	77g
of which sugars	1.1g	6.8g
Fibre	1.9g	11g
Fat	3.4g	20.2g
of which saturated	0.5g	2.8g
Sodium	146mg	838mg

Allergens: Cow's Milk, Allium, Sulphites

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
400g	800g	Potato <i>rinse, peel (optional) & cut into 5mm thick chips</i>
150g	300g	Beef Strips
5ml	10ml	NOMU Roast Rub
30ml	60ml	Mayo
5ml	10ml	Lemon Juice
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

- 1. FRIES** Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat generously in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 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. 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 parsley.