



UCOOK

Beef Strips & Caramelised Onion

with carrot mash & fresh salad leaves

The classic meat-and-two-veg plate is well-known around British dinner tables. With the UCOOK version, we've replaced the potato mash with a lighter but just as satisfying carrot mash. The butter-basted, tender beef strips are topped with sweet caramelised onion, while fresh greens finish the plate. Dinner is done, Chef!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Simple & Save

 Painted Wolf Wines | The Den Cabernet Sauvignon 2022

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Ingredients & Prep

240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	Onion <i>peel & roughly slice ½</i>
150g	Beef Strips
5ml	NOMU BBQ Rub
20g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter
Milk (optional)
Paper Towel

1. MAKE THE MASH Place the carrot pieces in a pot of salted water. Bring to a boil and cook until soft, 25-30 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. CARAMELISED ONION Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

3. SIZZLE THE BEEF When the carrot has 5-8 minutes remaining, return the pan to 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.

4. GET THE GREENS In a salad bowl, combine the shredded salad leaves, a drizzle of olive oil, and seasoning.

5. A PERFECT PLATE Plate up the carrot mash. Side with the beef slices doused in the caramelised onion. Serve the dressed leaves on the side.

Nutritional Information

Per 100g

Energy	278kj
Energy	67kcal
Protein	7.8g
Carbs	7g
of which sugars	3.2g
Fibre	1.7g
Fat	0.8g
of which saturated	0.3g
Sodium	60mg

Allergens

Allium, Cow's Milk

Cook
within 3
Days