



# UCOOK

## BBQ Beef & Brown Onion Sauce

**with roasted butternut chunks**

It's all about the sauce in this recipe, Chef! A homemade brown onion sauce, deeply rich and decadent, is spooned over a pan-seared beef schnitzel that's been butter-basted and spiced with BBQ NOMU Rub. Sided with butternut chunks and garnished with fresh parsley.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Alex Levett

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Simple & Save

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Stettyn Wines | Stettyn Family Range Cabernet Sauvignon

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## Ingredients & Prep

|      |                                                                          |
|------|--------------------------------------------------------------------------|
| 750g | Butternut<br><i>rinse, deseed, peel &amp; cut into bite-sized pieces</i> |
| 2    | Onions<br><i>peel &amp; roughly slice</i>                                |
| 15ml | Cornflour                                                                |
| 15ml | Worcestershire Sauce                                                     |
| 450g | Beef Schnitzel (without crumb)                                           |
| 15ml | NOMU BBQ Rub                                                             |
| 8g   | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i>                   |

## From Your Kitchen

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

**1. GO FOR GOLDEN** Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**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, 10-12 minutes (shifting occasionally).

**3. SOME PREP** In a small bowl, combine the cornflour, the worcestershire sauce, and 150ml of water.

**4. BROWN ONION SAUCE** When the onions are done, whisk in the cornflour mixture. Cook the sauce until it thickens, 6-8 minutes (stirring constantly). Loosen with a splash of water if the sauce is too thick.

**5. SIZZLING SCHNITZEL** Place a clean pan over 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 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. TIME TO EAT** Plate up the roasted butternut, side with the schnitzel, and add the brown onion sauce over the schnitzel. Sprinkle over the chopped parsley. Enjoy, Chef!



## Chef's Tip

Air fryer method: Coat the butternut pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 313kJ  |
| Energy             | 75kcal |
| Protein            | 7.3g   |
| Carbs              | 8g     |
| of which sugars    | 2.3g   |
| Fibre              | 1.4g   |
| Fat                | 0.8g   |
| of which saturated | 0.3g   |
| Sodium             | 74mg   |

## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
4 Days