



# UCCOOK

## Mushroom & Beef Strip Sliders

with a cucumber salad

**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Paul Cluver | Village Pinot Noir

<b>Nutritional Info</b>	Per 100g	Per Portion
Energy	541kj	3478kj
Energy	129kcal	832kcal
Protein	9g	57.9g
Carbs	13g	84g
of which sugars	3.7g	23.6g
Fibre	1g	6.4g
Fat	4.4g	28.4g
of which saturated	1.5g	9.7g
Sodium	109mg	698mg

**Allergens:** Sulphites, Gluten, Sesame, Wheat, Cow's Milk, Soya, Allium

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
150g	300g	Beef Strips
65g	125g	Button Mushrooms <i>wipe clean &amp; roughly slice</i>
1	1	Onion <i>peel &amp; roughly slice</i>
5ml	10ml	Cake Flour
50ml	100ml	Low Fat UHT Milk
30g	60g	Cheddar Cheese <i>grate</i>
3	6	Slider Buns
10ml	20ml	Lemon Juice
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
50g	100g	Cucumber <i>rinse &amp; cut into half-moons</i>

## From Your Kitchen

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

**1. BEEF STRIPS** Place a pan over high heat with a drizzle of oil and a knob of butter. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 30-60 seconds (shifting occasionally). Remove from the pan and season.

**2. MUSHROOMS & ONION** Return the pan to medium-high heat with a drizzle of oil if necessary. Fry the mushrooms and the onion until golden, 5-6 minutes. Remove from the heat and season.

**3. CHEESE MOMENT** Place another pan over medium heat with 10g [20g] of butter. Once melted, vigorously whisk in the flour to form the roux. Cook out for 30-60 seconds, stirring constantly. Slowly whisk in the milk until the sauce thickens slightly. Add a splash of water and mix in the cheese, the beef strips, and the sautéed mushrooms. Remove from the heat.

**4. BUNS** Halve the slider buns, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the buns, cut-side down, until golden, 1-2 minutes.

**5. SOME FRESHNESS** In a salad bowl, combine the lemon juice with a drizzle of olive oil. Add the salad leaves and the cucumber. Toss to combine and season.

**6. TIME TO EAT** Top the bottom buns with the loaded creamy beef strips and the top toasted buns halves. Side with the fresh lemony salad. Well done, Chef!

**Chef's Tip**