



UCCOOK

Cheese Fries & Spicy Beef Strips

with a corn & jalapeño salsa

Elevate your cooking game with this easy-to-make, irresistibly delicious recipe that's perfect for sharing with friends and family. Succulent beef rump strips, a decadent cheese sauce, and a spicy charred corn salsa are all towered on a bed of oven-roasted potato & carrot wedges.


Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Kate Gomba

Quick & Easy

 KWV - The Mentors | KWV The Mentors Petit Verdot 2020

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Ingredients & Prep

800g	Potato <i>rinse, peel (optional) & cut into skinny, 1-2cm thick chips</i>
480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
40g	Sunflower Seeds
160g	Corn
600g	Free-range Beef Rump Strips
20ml	Mexican Spice
120g	Cheddar Cheese
40ml	Cornflour
400ml	Low Fat UHT Milk
20g	Sliced Pickled Jalapeños
10g	Fresh Coriander
20ml	Lime Juice

From Your Kitchen

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

1. ROAST THE FRIES Preheat the oven to 200°C. Spread the potato fries and the carrot wedges on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. SUNNY SEEDS 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. CHARRED CORN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

4. SPICY STRIPS Return the pan to medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel and coat in the Mexican spice. When hot, sear the beef until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter. Remove from the pan and season.

5. CHEESE SAUCE Grate the cheese. Place a small pot over medium heat with 40g of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, stir in the grated cheese until melted. Season and remove from the heat. Add a splash of water or milk (optional) if the sauce is too thick.

6. DO THE SALSA Drain and roughly chop the jalapeños. Rinse, pick, and roughly chop the coriander. To the bowl with the corn, toss through the chopped jalapeños (to taste), ½ the chopped coriander, the lime juice (to taste), a drizzle of olive oil, and seasoning. Set aside.

7. MMMEXICAN MOMENT Make a bed of the potatoes & carrots, top with the spicy beef strips, and drizzle over the cheese sauce. Scatter over the corn & jalapeño salsa and the toasted seeds. Garnish with the remaining coriander. Enjoy, Chef!



Chef's Tip

Air fryer method: coat the potato fries and carrot wedges in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	520kj
Energy	125kcal
Protein	8g
Carbs	11g
of which sugars	2.6g
Fibre	1.7g
Fat	4.3g
of which saturated	1.7g
Sodium	156mg

Allergens

Allium, Sulphites, Cow's Milk

Cook
within
4 Days